

**PINHOLE SURGICAL TECHNIQUE  
POST-OP INSTRUCTIONS**

**MEDICATIONS: Take the following medications as directed**

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_

**Wound Care Instructions for First 6 Weeks**

**DO these things to heal and keep mouth fresh**

1. Gently ice the cheeks adjacent to your treatment sites as much as possible for the first 48 hours. 20 minutes on, then 20 minutes off & repeat as much as possible.
2. Brush the tongue gently.
3. Brush any teeth that did not have surgery on them.
4. You may very slowly & gently brush the "tongue side" of the teeth that had surgery on them.
5. You may lightly rinse with the prescribed mouth rinse. No gargling, no swishing & no spitting.
6. Eat a healthy diet using softer, easily chewable food. You may blend any healthy food for a smoothie.
7. Use an extra soft toothbrush for 6 months after surgery.
8. Return to this office for all post-operative visits.

**DO NOT do these things during the first 6 weeks after surgery**

1. Don't do anything that will disturb the treatment sites. Be your own best wound caretaker. Be as gentle as possible for 6 weeks.
2. No brushing, flossing or waterpik of the surgical sites.
3. Do not brush the biting surface of the teeth that had surgery until advised.
4. No touching of the surgical site with fingers, tongue or any other object like cotton swabs, picks etc.
5. Do not look at the surgical sites. Keep cheek movement to a minimum.
6. Do not sleep with hands under the cheek.
7. No spitting, use of straws, blowing balloons, snorkeling or use of wind instruments.
8. No smoking, sucking candies or mints.
9. No heavy aerobics, vigorous dancing, heavy lifting or physical activity for 1 week.
10. No scalding hot liquids or alcohol for 1 week after surgery.
11. Do not eat food that makes noise. No hard, crunchy or crispy food.

**John M. Lane, DMD**

1912 Bruin Drive, Florence, AL 35630

1 888 560 8048 • Phone 256 760 8000 • Fax 256 760 0176

34 Hughes Road, Suite A, Madison, AL 35758

Phone 256 774 8150

gumsrus2@comcast.net