

Northwest Periodontics & Dental Implants

◆ LASER ◆ Implants ◆ Sedation ◆



Stanley D. Halpern D.D.S, F.I.C.D Arwa ElMaraghi D.M.D., M.S.D.

220 Heritage Walk, Ste 102, Woodstock, GA, 30188

T: 770-928-6655 | F: 770-928-6656 | www.northwestperiodontics.net | nwperio@secureddds.com

Post-Surgical Instructions for the Chao Pinhole Surgical Technique

Home Oral Hygiene Instructions

- **NO BRUSHING** the lip/cheek side of the treated teeth for **4 weeks**. You may gently brush the tongue/palatal side and the biting/chewing surfaces of the teeth only. We will polish and lightly scale your teeth at some of your post-op visits to help you.
- **NO FLOSSING** (including: air flossers, waterpiks, toothpicks, proxabrushes, or use of anything else to clean between your teeth) for **4 weeks**.
- **RINSE 2-3x daily** with the Closys rinse given to you by our office. You may also use an antibacterial non-alcohol rinse such as Listerine Zero. When rinsing, do not make “chipmunk cheeks” and rinse vigorously. Please “slosh” the rinse with your lips apart leaning over the sink.
- **BLOT** your treated teeth on the lip/cheek side with gauze dipped in your rinse for **6 weeks**. This will help you remove plaque since you will not be brushing. Remember you **CAN BRUSH** the other surfaces of your treated teeth, just not the lip/cheek side.

Pain Management and Medication Instructions

- **ICE over area at 10 minutes on and 10 minutes off for the first 48 hours to minimize swelling.**
- Take 400-600mg of NSAID (Motrin or Advil) every 4-6 hours for the first 48 hours **EVEN IF YOU ARE NOT EXPERIENCING ANY PAIN OR SWELLING**. This medication will help PREVENT major swelling and/or pain if taken as prescribed. Do not wait for pain or swelling to start!
- Call your surgeon or Olivia (Surgical Assistant) immediately if you have unexpected pain, continuous bleeding, or heat from surgical site.
 - **Dr. Halpern: 404-680-6177**
 - **Olivia: 770-324-2405**
 - **Dr. ElMaraghi: 859-469-2670**
- Keep head above heart for the first 48 hours, prop up on extra pillows while sleeping.
- Do not be alarmed about soft swelling or bruising for the first week

Dietary Instructions

- **Consume PLENTY of cold liquids** and eat soft cold to room temperature foods for the first two days following surgery. **NO hot liquids or hot foods for the first two days.**
- No carbonated beverages for first **48 hours**
- No drinking through a straw for first **48 hours**
- Do not eat crunchy, hard or sticky foods, or chew gum, candy or mints for 6 weeks
- Avoid foods that could easily get stuck between your teeth, i.e., Oranges, shredded chicken, steak
- **Suggested Foods:** Jell-O, pudding, milk shakes, ice cream, tuna fish, egg salad, applesauce, cottage cheese, yogurt, mashed potatoes, soft cooked veggies, scrambled eggs. Etc.

General Instructions

- No spitting or pursing of the lips
- No sleeping with hands under the check where surgery was done
- No facial massages for three weeks
- No smoking, chewing tobacco, cigar, or pipe
- No clenching or grinding of the teeth
- No heavy lifting that requires clenching of the teeth
- No vigorous physical activity for three weeks
- You may experience sensitivity to cold for six weeks or longer. We recommend using a sensitivity toothpaste during this time and longer as needed. Report sensitivity during check-up appointments.

Patient must return to our office 24 hours after surgery, one week after surgery, three weeks after surgery, and six weeks after surgery.

Patient Signature: _____ **Date:** _____

Scheduled Treatment Date: _____

Next Day Post-Op Scheduled: _____

One Week Follow Up Scheduled: _____

Three Week Follow Up Scheduled: _____

Six Week Follow Up Scheduled: _____