

GumCare and Implant Specialists LLC

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Diplomate, American Board of Periodontology

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Diplomate, American Board of Periodontology

GUIDELINES FOLLOWING PINHOLE GUM REJUVENATION

The following guidelines have been prepared to assist you in a speedy recovery from surgery. By adhering to these guidelines, you will be contributing to the overall success of your treatment.

WHAT TO DO

- NO BRUSHING OVER SURGICAL SITE(S).
- No FLOSSING (Water-pik ONLY from tongue-side or inside)
- NO TOUCHING: with finger or any other device or object (e.g., cotton swabs).
- NO LOOKING: Do not obsess over or question Dr. Farah about appearance of gums for 6 weeks.
- RINSE ONLY WITH LIPS APART (NO chipmunk cheeks).
- ICE OVER AREA at 10 minute intervals for the first 48 hours to minimize swelling.
- DO NOT BE ALARMED ABOUT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK.
- DO NOT EAT crunchy or sticky food, or drink out of a straw.
- EXPECT cold sensitivity for 6 weeks or longer.
- PAIN CONTROL – take one Motrin 800 mg every 6 hours as needed.
- Patient MUST return to our office 1 week after surgery, 3 weeks after surgery, and 6 weeks after surgery.

PLEASE CALL US IF . . .

- you are experiencing heavy bleeding.
- you feel any adverse effect, reaction or intolerance to the medication.
- you have loose sutures or have excessive discomfort from tight sutures.
- you encounter significant swelling.
- you have any questions at all.

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