



Pinhole Care Instructions

For the next 6 weeks

1. Ice on top of cheeks and jawline as much as possible for the first 48 hours. Start with 10 minutes on, then 10 minutes off, and repeat as much as possible.
2. Brush the tongue gently.
3. Brush any teeth that did not have surgery on them.
4. Very slowly and gently brush the lingual side of the teeth (inside near the tongue) that had surgery on them.
5. Very slowly and gently brush the occlusal surface (chewing surface) of the teeth that had surgery on the.
6. Use provided rinse to keep surgical sites clean. Gently turn head back and forth and let rinse fall from mouth. **Do not gargle, swish, or spit the rinse.**
7. Use extra soft toothbrush for 6 months after surgery. Throw away any old toothbrushes. Do not brush surgical sites until instructed to do so by the doctor.
8. Return to this office for all post-operative polishing visits.
9. Stay as hydrated as possible.
10. Maintain a sleep schedule of at least 8 hours per night. The body does the majority of healing while at rest.
11. Minimize cell phone usage as much as possible for at least 2 weeks. If needed, use headphones or the speaker function to keep the phone from your ear to reduce the EMFs transmitted to the jaw and head.
12. Follow the following guidelines:

Liquid to mushy foods are required for the first 7 days. Please make sure all foods are low in sugar, check all labels. As a guideline keep each meal to **10 grams or below**. Examples of foods are tomato soup, cream of mushroom, celery or any “cream of” soups, mashed potatoes, avocados, low sugar Jell-O, no sugar added applesauce, protein shakes (be sure to look at sugar servings on these – store bought ones tend to have a lot of added sugar). After the first week, for the next 5 weeks, slightly firmer foods such as pasta, fish, soft ground meat, and steamed veggies are ok. As a guideline food you can cut easily with a fork is acceptable.

AVOID: Seeds or fruits with small seeds (such as raspberries, blueberries, blackberries, strawberries) for the first week. Avoid scalding hot/spicy foods or liquids for at least one week. No alcohol or carbonation for 2 weeks after the surgery. **Nothing crunchy or sticky for the next 6 weeks.** NO gum, nuts, tough meats, chips, popcorn, sticky or hard candy for 6 weeks. If you are unsure of something you can eat, wait until you are able to ask the doctor if that food item is

Do not do these things for the first 6 weeks after surgery

1. Do not do anything think you think will disturb the sites; this includes looking at any of the surgical sites. Keep cheek movements to a minimum. Be your own best wound caretaker. Be as gentle as possible for 6 weeks.
2. No brushing, flossing, or water-pik of the surgical sites.
3. No touching the surgical sites with fingers, tongue, or any other objects like cotton swabs, picks, etc.
4. Do not sleep with hands under the cheek.
5. No spitting, use of straws, blowing balloons, snorkeling, or use of instruments.
6. No smoking, no sucking candies or mints.
7. No heavy aerobics, vigorous dancing, heavy lifting or physical activity for 1 week.

Hygiene care 6 weeks after Pinhole

1. Brush surgical sites using soft toothbrush. A children's soft toothbrush is also acceptable to use.
2. Use roll technique when brushing surgical sites (from vestibule down). Ten strokes for each area, at least.
3. Waterpik using the lowest mode. Direct the waterpik from the lingual (the tongue side of the teeth), not from the facial side.
4. Do not use an electric toothbrush for 6 months.
5. After 6 months, an electric toothbrush can be used but only help by the fingers, never in the palm of your hand.
6. Floss if necessary, or as directed by the doctor, but only through the contact point. Do not touch the gums with the floss.
7. If you see a different doctor for regular cleanings, remind the hygienist or doctor not to measure or clean under the gums for 6 months. No crowns or veneers should be done on those teeth before 6 months.
8. Be sure to visit the dental office for your regular dental cleanings.