



1. NO BRUSHING OVER SURGICAL SITE (cheek/tongue side) FOR 6 WEEKS.
2. NO FLOSSING (Water-Pik ONLY from tongue-side or inside on low) OVER Surgical Site.
3. NO TOUCHING with finger or any other device or object.
4. Do NOT lick surgical area.
5. Do not use cotton swabs, cloth or any soft or hard object to clean area.
6. Do not sleep with hands under the cheek where surgery was done.
7. No facial massages for 3 weeks or massage that area of the face for any reason.
8. NO LOOKING. Do not obsess over or question Doctor about the appearance of gums for 6 weeks. You cannot look without pulling cheek.
9. RINSE ONLY WITH LIPS APART: SLOSHING ONLY
- 10.No chipmunk cheeks when you rinse.
- 11.Do not play wind instruments for 3 weeks.
- 12.Do not suck on straws.
- 13.Do not blow balloons.
- 14.No spitting.
- 15.No mints over surgical area.
- 16.No smoking, chewing tobacco, cigar, pipe or recreational marijuana. Please consult doctor if you use marijuana for medical purposes.
- 17.WEAR PRESCRIBED BITE APPLIANCE 24 HOURS A DAY, if instructed. Check with Doctor about any other appliances (e.g., retainers, Invisalign, CPAP, etc).
- 18.No clenching or grinding of the teeth.

- 19.No heavy lifting that require clenching of the teeth for 2 weeks.
- 20.No heavy aerobics or vigorous dancing or physical activity for 3 weeks.
- 21.No snorkeling for 6 months.
22. TAKE THE 800MG MOTRIN by the clock for the first 5 days (every 4-6 hours) regardless of pain.
- 23.EXPECT SWELLING, especially if the upper teeth are treated; bruising under the eye is common for upper gum surgery that includes treatment of the molars.
- 24.ICE AREA at 10 minute intervals for the first 48 hours to minimize swelling.
- 25.Do not be alarmed about soft swelling or bruising for the first week.
- 26.DO NOT EAT crunchy, sticky or foods with seeds in them (e.g., popcorn, chips, granola, or smoothies or yogurt with strawberry or raspberry seeds in them).
- 27.Expect cold sensitivity for 6 weeks or longer. Do report sensitivity during check-up appointments.
- 28.PAIN CONTROL-Take 800mg Motrin as directed or other prescribed medications to help with discomfort.
- 29.CALL DOCTOR IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING OR HEAT FROM SURGICAL SITE - **206.618.1479**
- 30.Patient MUST return to our office 24 hours, 1 week, 3 weeks and 6 weeks after surgery.
- 31.After the 6th week you may brush surgical area with special extra soft brush dispensed by this office for **6 months**.

Patient Signature:_____Date:_____

Print Name:_____

Date:_____ (next day)

Date:_____ (1 week)

Date:_____ (3 weeks)

Date:_____ (6 weeks)