

Pinhole Post-Operative Instructions

Please read the following instructions carefully. Following them will make your post-operative course comfortable and help avoid any unnecessary complications.

1. Bleeding
 - a. Slight bleeding may continue for up to 24 hours. This is not unusual and there is no cause for alarm.
 - b. Do Not rinse or swish vigorously for the first 24 hours. Do not spit for 24 hours.
 - c. If you are concerned about bleeding please call the office.
2. Swelling
 - a. You can expect some swelling following your surgery and it may take 3 to 4 days before it reaches a maximum.
 - b. To help alleviate this, ice packs can be applied to the outside of the face over the area of surgery, 10minutes on and 10 minutes off the first day.
 - c. Try to avoid bending over and sleep with you head elevated for the first night.
3. Oral Hygiene
 - a. Avoid brushing the surgical area for the first 24 hours, but remember that the remainder of your mouth should remain clean.
 - b. After 24 hours you may begin cleaning the teeth in the surgical area. This may be uncomfortable; however by heating the bristles of your brush under hot water, the discomfort can be minimized.
 - c. Rinse with warm salt water 3-4 times a day. Take an 8 oz. glass of warm water with $\frac{1}{2}$ teaspoon of salt. This does not take place of brushing and flossing. Remember for the best healing the area must be plaque free.
 - d. Do not use an electric toothbrush.
4. Discomfort
 - a. The amount of discomfort varies from patient to patient. The medication given to you for pain should be used as prescribed and should control your discomfort. If you need to take the medication for few days don't be alarmed, but if you cannot control the discomfort please call the office.
5. Nutrition
 - a. Until the anesthetic wears off, don't eat, drink or smoke anything. Maintaining an adequate diet after surgery is essential.
 - b. You may eat foods you desire, but it is easier to favor soft foods that you can eat on the opposite side of the mouth, such as soup, milkshakes, pasta, soft vegetables, chicken or fish.
 - c. Avoid hard, chewy, or spicy foods. Citric acid (orange and grapefruit juice) may sting. Foods with small seeds should be avoided.
 - d. Fluids: Fluid intake is important. Try to take 8 glasses per day. This can help avoid slight fever following surgery.

- e. Avoid concentrated alcoholic beverages for the first few days. Remember to eat a balanced diet.

Get plenty of rest and avoid strenuous activity for a few days. Even if you don't have discomfort today, we advise you to take it easy; read, watch TV and relax. If you are a smoker, remember that smoke is an irritant to healing tissue and will delay your healing.

6. Emergencies

- a. If you experience and heavy bleeding or severe pain please call the office right away at 208-233-3660. Any calls after regular office hours will be forwarded to the Doctor. Don't wait until the last moment to call; we may need to arrange for staff to accommodate you after hours. The earlier you call, the more we can help you.