

Newport Institute for Dentistry
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Post-Operative Instructions for Pinhole Surgical Technique

HEMORRHAGE CONTROL: Do not suck on the wound or spit unnecessarily as it will prolong the bleeding. Do not be alarmed, it is normal to have some blood in your saliva during the next 24 to 48 hours.

PAIN CONTROL: If you're not given a prescription, utilize ONE of the following recommendations as needed for pain management: 1) Take 1 Advil and 1 Tylenol together; or 2) 2 Advil and 2 Tylenol together; 3) 2 Tylenol, Aspirin, Anacin, or APC tablets every 4 hours for discomfort. If you were given a prescription, follow the prescribed directions accordingly. Avoid taking pain medication on an empty stomach. If this does not control the pain call the office.

SWELLING CONTROL: To aid in the prevention of swelling after this procedure, the application of ice packs to the face is very effective. Ice Packs should be used 10 minutes out of each hour until bedtime, do not use ice packs for longer than 48 hours. Keep your head and shoulders elevated to a 45 degree angle until bedtime. The first day after surgery, do NOT apply heat to the face unless you are specifically told to do so.

DIET: You may have clear liquids when arriving home. After 2 hours, a soft diet may be resumed. No milk products until evening. Drink plenty of fluids, but DO NOT USE A STRAW. Well balanced meals are important to recovery. Do not use any alcohol for the first 24 hours.

ORAL HYGIENE: After 24 hours, if the bleeding has stopped, a warm salt water mouth rinse (1/2 teaspoon salt + one glass of warm water) will aid in healing. Use PERIDEX after every meal. Do not swish the mouth rinse. The rinsing should not be excessively vigorous as this may affect healing. Use after every meal or at least 2 times a day. DO NOT WEAR ANY MOUTH APPLIANCES (PERIO-PROTECT, SPORTSGUARDS, FLUORIDE TRAYS, BLEACHING TRAYS, ORTHODONTICS, ETC.) UNTIL INSTRUCTED TO BY DR. VARTANIAN.

REST: Avoid over fatigue. Go to bed early at night and get adequate rest during the day. Remain inactive for 24 hours.

LIPS: If the corners of your mouth are cracked or sore from the retractors during surgery, keep lubricated with a little Vaseline.

BLACK AND BLUE: Do not be alarmed if a yellow blue-black discoloration appears on your face after surgery. It may take a week or so to fade away.

ANTIBIOTICS: It is not always necessary to take antibiotics after a surgical procedure. If you are given a prescription for an antibiotic, have it filled and take all of the medication according to the instructions on the label.

SUTURE: Occasionally sutures are placed. The sutures are non-dissolvable and will need to be removed by Dr. Vartanian.

POST-OP VISITS: You should return to the office for your post-operative visits at the suggested time. However, feel free to call if you are having any problems.