

Dr. Terry Burgess

256-772-2626

Post-Op Instructions For 6 Weeks

- 1. No Brushing Over Surgical Site(s)**
- 2. No Flossing (Water-Pik only from tongue-side or inside)**
- 3. No Touching: with finger or any other device or object (e.g., cotton swabs)**
- 4. No Looking: Do not obsess over or question Doctor about appearance of gums for 6 weeks.**
- 5. Rinse Only With Lips APART (e.g., No chipmunk cheeks)**
- 6. Wear Prescribed Bite Appliance 24 Hours A Day, if instructed. (Do not clench or grind your teeth). Check with Doctor about any other appliances (e.g., retainers, Invisalign, Perio-Protect, ect)**
- 7. Ice Over Area at 10 minute intervals for the first 48 hours to minimize swelling.**
- 8. Do Not Be Alarmed About Soft Swelling Or Bruising For The First Week.**
- 9. Do Not Eat crunchy or sticky food or drink out of a straw.**
- 10. Expect cold sensitivity for 6 weeks or longer. Do report sensitivity during check up appointments.**
- 11. Pain Control- take one each of acetaminophen (Tylenol) and NSAID (Motrin or Advil) at the same time, subject to other instructions by Doctor.**
- 12. Call Doctor Immediately If You Have Unexpected Pain, Continuous Bleeding, Or Heat From Surgical Site.**
- 13. Patient Must return to our office 24 hours after surgery, 1 week after surgery, 3 weeks after surgery, and 6 weeks after surgery**

Patient

Signature: _____ **Date:** _____