

POST-GUMLIFT INSTRUCTIONS for 6 weeks

NO BRUSHING OVER SURGICAL SITE (S)

NO FLOSSING (Water Pik ONLY FROM TONGUE SIDE OR INSIDE)

NO TOUCHING; with finger or any other device or object (e.g., cotton swabs)

NO LOOKING: Do not obsess over or question Doctor about appearance of gums for 6 weeks.

RINSE ONLY WITH LIPS APART (e.g., NO chipmunk cheeks)

WEAR PRESCRIBED BITE APPLILANCE 24 HOURS A DAY, if instructed. (Do not clench or grind your teeth). Check with Doctor about any other appliance (e.g., retainer, Invisalign, Perio-Protect, Etc.)

ICE OVER AREA at 10-minute intervals for the first 48 hours to minimize swelling.

DO NOT BE ALARMED ABOUT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK.

DO NOT EAT crunchy or sticky food or drink out of a straw.

EXPECT cold sensitivity for 6 weeks or longer. **DO REPORT** sensitivity during check-up appointments.

PAIN CONTROL – take one each of acetaminophen (Tylenol) and NSAID (Motrin or Advil) at the same time, subject to other instruction by Doctor.

CALL DOCTOR IMMEDIATLEY IF YOU HAVE UNEPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE.

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 _____