

norman family dentistry



(405) 321-6506

Post-Op Instructions for PST

Follow these instructions carefully to ensure the successful healing.

- Ice area at 10 minute intervals for the first 48 hours to minimize swelling
- No Brushing; we will give you an extra soft tooth brush to use after your 1 week check up
- No Flossing
- No Touching; with fingers or any other device or object
- Do not lick surgical area
- Do not use cloth or any object to clean area
- Do not sleep with hands under cheek where surgery is done
- Do not eat crunchy or sticky food that can get stuck between your teeth
- Expect cold sensitivity for 6 weeks or longer
- No facial massages for 3 weeks
- No Looking; you cannot look without pulling cheek.
- Rinse only with lips apart, no chipmunk cheeks when you rinse; Sloshing only
- Do not play wind instrument for 3 weeks
- Do not suck on straws
- Do not blow balloons
- No spitting
- No mints over surgical area
- No smoking or chewing tobacco for 1 week
- No clenching or grinding teeth
- No heavy lifting, aerobics or vigorous dancing or physical activity for 2 weeks
- No snorkeling for 6 months
- Call doctor immediately if you have unexpected pain, continuous bleeding or heat
- Pain control; take one each of acetaminophen (Tylenol) and NSAID (Motrin or Advil) at the same time; subject to other instructions from doctor
- Patient must return to office 24 hours after surgery, 1 week after, 3 weeks after and 6 weeks after surgery