

**JACQUELINE L. SUBKA D.D.S**  
**(805)373-1919**

**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 (cotton swabs, ect...)
4. **NO LOOKING:** Do NOT obsess over the appearance of the gums for 6 weeks.
5. **RINSE ONLY WITH LIPS APART (Example, NO chipmunk cheeks!!)**
6. **WEAR PRESCRIBED BITE APPLIANCE 24 HOURS A DAY, if instructed. (Do not clench or grind your teeth). Check with Dr. about any other appliances (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 TYLENOL AND ADVIL or MOTRIN at the SAME TIME, subject to other instructions by the Doctor.**
12. **CALL DR. IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE.**
13. **Patient MUST return to our office 24 hrs after surgery, 1 week after surgery, 3 weeks after surgery and 6 weeks after surgery.**

**PATIENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_**

