Elizabethtown Periodontics

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**Pinhole Rejuvenation Post-Op Instructions**

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. **DO NOT PULL YOUR LIP DOWN** TO LOOK AT THE AREA DURING THE FIRST TWO (2) WEEKS!!!
5. **RINSE** with prescription mouth rinse 2 times a day until all gone. Hold in area for 30 seconds, **DO NOT** swish. **DO NOT** eat or drink for 30 minutes after expectorating. **START** rinse tomorrow. Then hold coconut oil for 5+ minutes 3 times a day.
6. **HOLD ICE OVER AREA** at 15 minute intervals for up to 48 hours to minimize swelling.
7. **DO NOT BE ALARMED ABOUT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK.**
8. **DO NOT EAT** crunchy or sticky food, or drink out of a straw.
9. **EXPECT** cold sensitivity for 6 weeks or longer. **DO REPORT** sensitivity during check-up appointments.
10. **CALL DOCTOR IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE.**
11. Patient **MUST** **RETURN** to our office 24 hours after surgery, 1 week after surgery, 3 weeks after surgery, and 6 weeks after surgery.
12. **NO** aerobics for the first week.
13. **NO** tooth paste for 3 days after the procedure.
14. No spitting the first day.

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