

Nelson & Lowy, PSC

20L5 Herr Lane

Louisville, KY 40222

(502) 425-9285

PINHOLE SURGERY TECHNIQUE

POST-OP INSTRUCTIONS:

1. No brushing, flossing or touching with hand or any device over the surgical area for at least four weeks or longer. Do not start brushing the surgical area until instructed by Dr. Lowy or Dr. Nelson
2. Do not pull the lip to look at the surgical site.
3. Gently apply the ice pack on the face over the surgical site. Apply 20 minutes with the ice pack followed by 20 minutes without the ice pack. Repeat 20 minutes on, 20 minutes off for three to four hours.
4. Slight swelling and puffiness is normal. The ice pack will help to decrease the puffiness.
5. A lighter diet is recommended near the surgical site
6. Keep your head elevated at night with an extra pillow
7. Take Advil or Tylenol for any minor discomfort as directed
8. Use the Perioguard mouth rinse as prescribed for 30 seconds twice per day
9. Return in one week for a post-op check
10. Return in three weeks for a post-op check and light cleaning around the surgical site.

Dr. Lowy can be reached after hours at (502) 228-6130

Dr. Nelson can be reached after hours at (502) 426-5475