

## **Post Surgical Instructions for: Crown-lengthening Surgery / Gingivectomy**

### **Brushing/ Flossing**

- Gently brush and floss the treated area.
- The area will be sore, tender and may slightly bleed during brushing and flossing, however, it is important to keep the area clean during healing

### **Eating / Chewing**

- Avoid hot temperature food / drinks the day of the surgery (coffee, tea, soup)
- Soft foods (fish, pasta, etc.) will be desired for the first few days
- Do not chew with teeth that have been treated(chew on the other side of the mouth) for 1 week. If both sides of the mouth have been treated, chew lightly
- Avoid crunchy, salty, spicy foods(pretzels, nuts, chips) for 1 week as they will irritate the treated area(s)

### **Discomfort**

- Once the anesthetic wears off, you may experience discomfort
- The treated area(s) could remain tender up to one week
- “Delayed discomfort” is possible. This means that you may feel little to no discomfort the 1<sup>st</sup> week but do experience some the 2<sup>nd</sup> week

### **Bleeding**

- It is normal to experience slight bleeding for the first 2-3 days
- Gauze will be sent home for you to bite on if the area bleeds. Fold a piece of lightly moistened gauze into a small square; place it in the area that is bleeding and bite. Change the gauze about every 5 minutes until you no longer see any blood
- Some medications can increase the amount of bleeding such as aspirin, plavix, coumadin
- If the area continues to bleed with the gauze in place, remove the gauze and replace with a moist small tea bag. The tannic acid in the tea will help to control the bleeding. Unfortunately the taste is not pleasant
- **If excessive bleeding occurs after attempting the above procedures, call the office # 317-844-2792 or after hours emergency # 317-691-4169**

### **Sutures**

- Sutures (stiches) may or may not have been placed.
- If sutures are in place, they are resorbable and will come out within 5-10 days. They may untie and become loose. Do NOT attempt to pull or remove the sutures. If they are long and bothersome, you can trim them with small scissors

### **Working**

- It is best not to return to work the day of the procedure due to possible discomfort and slight bleeding
- If you must return to work the same day, please be aware that the treated area may be sore, tender, and throb and may require biting on gauze to control bleeding
- **If you elect to be sedated for the procedure, you are NOT to return to work the same day but may return the following day**

### **Exercising**

- Avoid exercising or heavy lifting for 2 days

### **Smoking**

- It is best not to smoke during the 1<sup>st</sup> week following the surgery as it will delay the healing process

### **Prescription Mouth Rinse**

- If a prescription mouth rinse has been prescribed, rinse twice daily (after breakfast and before bedtime) for 1 week

### **Antibiotic**

- If an antibiotic has been prescribed, take as directed until gone

### **Pain Medication**

- Take as needed
- Ibuprofen, Tylenol, Advil, or prescribed medication

### **1 Week Follow-up Appointment**

- An appointment will be scheduled for you to return 7-10 days following the surgery to evaluate the healing of the treated area(s)
- At this time, your next follow-up appointment will be determined

### **Questions or Concerns**

- **Office # 317-844-2792**
- **After hours emergency # 317-691-4169**