

Instructions for the Patient After Osseous/Crown Lengthening Surgery

1. MEDICATION

Aside from some discomfort when the anesthesia wears off, you may expect some or no appreciable pain from the operation that was just performed.

If any adverse reaction to medication is noted, discontinue use and call the office as soon as possible.

2. SURGICAL DRESSING (if used)

- Small pieces of the dressing may break off in the days following surgery. If your mouth feels comfortable when these pieces break off, it is perfectly safe to wait until your next appointment. If the surgical area becomes painful, please call the office.

3. TOOTHBRUSHING AND RINSING

- In surgical area(s), use soft toothbrush given at appointment along gumline
- To keep the surgical area clean, use regular manual toothbrush on teeth only
- Brush and floss all nonsurgical areas as usual

4. SWELLING

- Expect some swelling and bruising three to four days following the procedure
- With light pressure, apply an ice pack on the face for up to two days following the surgical procedure.

5. BLEEDING

- Expect a small amount of blood in your saliva
- If bleeding occurs, rinse with hydrogen peroxide for 30 seconds and place a moistened teabag over area applying pressure on either side of the teeth for at least 15 minutes
- If bleeding continues please give us a call

6. EATING

- Favor soft foods (soup, yogurt, applesauce, pasta, etc.) until your follow-up appointment
- Do not eat hard, chewy, or spicy foods (nuts, popcorn, chips, etc.)

7. SMOKING

- Tobacco smoke is an irritant to healing tissue and you should refrain from smoking

8. ACTIVITY

- Avoid heavy lifting, aerobic exercising, sudden movements, bending, and strenuous activity for the first 3 days
- When returning to normal activity, if any pressure, throbbing, or discomfort occurs in the surgical area(s), please refrain from activity.

REMOVABLE DENTURES

- Unless otherwise instructed, denture(s) should be worn as little as possible for the first week.