



Crown Lengthening, Gingivectomy/Gingivoplasty Post Op Instructions

Do NOT eat anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause damage. You will probably have some discomfort when the anesthesia wears off; take your non-aspirin pain medication(s) as directed, whether it is prescribed or over-the-counter.

If you are instructed to wear a clear appliance or an upper denture that covers up the roof of the mouth, do NOT REMOVE it for 24 hours. It may pool with blood, but leave it in there and just swoosh with Chlorhexidine rinse or lukewarm salt water. After 24 hours you are to wear it as much as you please, especially while you eat for your comfort.

Medications

For Mild to Moderate Discomfort:

Please take **Ibuprofen or Advil 200-400mg** (equal to 1-2 tablets) every 6 hours
Take it as instructed and do not exceed 2400mg (12 tablets) in a 24 hour period.

For Moderate to Severe Discomfort:

Please take **Ibuprofen or Advil 400-600mg** (equal to 2-3 tablets) every 6 hours
Take as instructed and do not exceed 2400mg (12 tablets) in a 24 hour period.

AND: You may alternate Ibuprofen and Tylenol pain medications every 3 hours for better pain control.

Please take **Extra Strength Tylenol 500mg** (equal to 1 tablet) every 6 hours.

Take as instructed and do not exceed 3000mg (6 tablets) in a 24 hour period.

Discomfort

Slight swelling of the operated area is not unusual. Chapped lips or bruising of the lips/cheek area may occur.

- A reusable ice bag or a frozen vegetable bag, wrapped in a soft towel, may be applied to the area of surgery to help minimize the swelling of your face. Alternating 20 minutes on and 20 minutes off will usually be adequate during the first 24-48 hours after surgery.
- Keeping your head elevated above your heart will also help. Most swelling can occur in the morning and up to 3 days after surgery. Avoid sleeping/laying on the side that surgery was performed.

- Two days after surgery, moist heat will help resolve minor swelling. Major swelling should be reported to the doctor at once.
- You may experience some tooth sensitivity after surgery, especially to cold. Sensitivity usually decreases within several weeks after surgery and can be minimized by keeping the area as free of plaque as possible. If the sensitivity is extreme, contact Dr. Thompson for recommendations or medications to relieve the discomfort.

Bleeding

Minor bleeding may occur during the first 48 hours following surgery. Avoid extremely hot foods for the rest of the day and do NOT rinse out your mouth, as these will often prolong the bleeding. If bleeding continues, apply light pressure to the area with a moistened gauze. Keep in place for 20-30 minutes without looking to see if the bleeding has stopped. Do not spit or rinse forcefully. If bleeding increases or occurs past the initial 48 hours, please call our office as soon as possible to notify the Dr. Thompson and receive further instructions. Avoid any strenuous physical activity for the next 2-3 days to prevent or minimize bleeding.

Eating / Diet

Please follow a soft food diet, taking care to avoid the surgical area(s) when chewing. Chew on the opposite side and do NOT bite into food if the procedure was done in the front of the mouth. Avoid sticky, hard, brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese etc. are best. Smoking is not advised during the 7-14 days following surgery.

- Do NOT use a drinking straw, as the suction may dislodge the blood clot.
- Avoid extremely hot foods. Cold foods such as ice cream or shake are OK as long as you use a spoon.

Homecare

Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery. After you have eaten, please use lukewarm salt water rinse 4-6X a day; 30 seconds of swooshing with each use. ***Vigorous rinsing should be avoided!***

Starting tomorrow

Please use Periogard, Peridex, or Chlorhexidine mouth rinse 2X (morning and night) a day; 30 seconds of swooshing with each use. Unless otherwise instructed, avoid flossing and regular tooth brushing of affected area.

Remember:

- **Do NOT play with the surgery area with your fingers or tongue.**
- **Do NOT pull up or down the lip or cheek to look at the area or have someone else to look at the area.**
- **Do NOT use a drinking straw, as the suction may dislodge the blood clot.**