

# **POST-OP INSTRUCTIONS FOR GINGIVAL PROCEDURES**

The following information has been prepared to help answer the many questions you may have regarding the procedure which has just been performed. Please read the instructions carefully. Our experience has shown them to be very helpful.

1. When the anesthesia wears off, you may have some discomfort from the procedure that was just performed. Your dentist may advise you to take Advil/Motrin for the discomfort.
2. Warm salt water rinses may help ease gum discomfort and speed up healing. (1/4 teaspoon salt to 8oz. warm water) You may be asked not to rinse for the first 24 hours. Then start the rinsing 3-4 times per day if possible.
3. You may have some slight bleeding throughout the day.
4. You may or may not be able to brush and floss in that area for a few days.
5. If you have sutures placed then you will be rescheduled for a removal appointment if necessary.
6. If there is a dressing placed then you will keep that there for as long as you can, it is like a band aid. The longer you can keep it there the better.
7. If you have any questions or concerns, please call us at 541-549-0109.