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*Advanced Periodontics and Implant Surgery*

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## **Crown Lengthening & Pocket Correction Procedure** **Post Operative Instructions**

**CARE OF MOUTH:** Use warm salt water as a rinse the remainder of the surgical day. Dissolve 1 teaspoon of salt in a glass of warm water. If Peridex mouth rinse is prescribed, begin using it as directed. The exposed portions of your teeth may be brushed the day after surgery to remove any food debris. 4 days later begin brushing the gums very gently. Do not floss or proxabrush the surgical site for 7 to 10 days.

**DISCOMFORT:** Discomfort will vary in intensity according to the extent of surgery. Take the prescribed pain medication as soon as possible and regularly for the first two to three days to avoid any discomfort. Take them with a little bit of food, milk, juice or warm water. **DO NOT DRINK ALCOHOL OR DRIVE AFTER TAKING THE MEDICATION.** Avoid smoking since it delays healing and increases postoperative discomfort.

**SWELLING:** To minimize swelling, apply a cold pack to the area 10 minutes on and 10 minutes off for the first 24-48 hours. If swelling persists after 48 hours apply a moist heat compress to the area continuously. Swelling should start to resolve within four or five days.

**BLEEDING:** Slight seeping from the wound is to be expected for at least 24 hours after surgery and may mix with saliva and appear as heavy bleeding; use your discretion. If heavy or persistent bleeding does occur, call for instructions.

**DIET:** Adequate nutrition is essential for normal healing. Eat a semi soft diet for 2 weeks. High protein diets are desirable (i.e. milk, eggs, cottage cheese, ground meat) and drink plenty of fluids (i.e. water, milk, fruit juices). Avoid hot, spicy and hard foods (i.e. nuts, seeds, chips, popcorn) that may easily lodge in and around the surgical areas and teeth. Furthermore, chew away from the surgical area.

**SURGICAL DRESSING:** If a surgical dressing was placed, it is important that this remain in place. It is not uncommon for small pieces of the dressing to break off in the days following the surgery. Should a sizable portion become loose or fall off within five days, please call our office.

**NUMBNESS:** For several hours after surgery, there may be numbness of the lips or tongue. Use caution when eating or drinking, (especially hot foods), so as not to bite or burn yourself.

**MEDICATION: TAKE ALL MEDICATIONS AS DIRECTED.** If any unfavorable reaction (i.e. nausea, vomiting, diarrhea, headache, dizziness, rash, etc.) occurs while taking any medication, discontinue its use and contact our office immediately.

**If you have any questions or concerns, please call our office at (951) 279-7847**