



Post Operative Instructions: Crown Lengthening

We hope you had a positive treatment experience with us. Please read through the following instructions as they are meant to help prevent complications and guide you through the healing phase.

After leaving the dental office today, we suggest you consider relaxing or at least limiting your activity as much as possible for the remainder of the day. Avoid strenuous activity or exercise for the next 2-3 days.

Some discomfort may be present when the anesthesia wears off. You should have been given a prescription for pain and inflammation. Take your medications as directed. If you have been given an antibiotic, please continue taking it until all are finished. If you noticed that after a few days, pain and swelling are increasing, please call Dr. Jaiswal.

It is normal to have some swelling after surgery, particularly in the lower jaw. To minimize swelling after surgery, apply ice pack to the outside of your face over the surgical site. This should be left on your face for about 5 minutes, then removed for 5 minutes for 2-3 hours after surgery. The use of both ice and anti-inflammatory will reduce the amount and duration of facial swelling.

It is common to have slight bleeding for a few hours following surgery. If bleeding persists, apply a tea bag to the surgical site with firm but gentle pressure for 15-20 minutes. Let yourself rest for 15 minutes then repeat the application of the tea bag for a second time if you still have slight bleeding. If excessive bleeding continues, please call our office. Remember, most blood you'll see in the mouth is a little bit of blood mixed with a lot of saliva.

Brushing and oral hygiene procedures should be done as usual in all untreated areas. In exposed, operated areas, limit your oral hygiene to brushing using a soft bristled toothbrush. In areas covered by periodontal dressing, brush only the chewing surfaces of teeth. Avoid dental flossing in operated areas during the first week following surgery. No undiluted mouthwash, saltwater, or peroxide rinses should be used during the first week following surgery. Also avoid the use of Water-piks for 1 month following surgery. The exposed operated areas should be gently swabbed with cotton saturated with Chlorhexidine as a last oral hygiene procedure at bedtime and again in the morning after eating and drinking.

Do not try to eat until all anesthesia has worn off. High protein foods and liquids are desirable for 3-5 days following surgery. Eggs, custard, yogurt pasta, soft vegetables, cooked cereals are some things you might consider eating during the first few days after surgery. Avoid spicy, salty, acidic, very hot foods or liquids. Avoid nuts, chips, or crunchy or fibrous foods that may get caught in the operation site. Please refrain from alcoholic beverages the day of surgery.

If you normally wear a removable appliance which replaces missing teeth and it rests on the operated areas, it is best to minimize the use of this appliance as any pressure on the surgical site could be detrimental to healing and cause discomfort.

If small pieces of the dressing breaks off, do not be concerned. If large portions are displaced or lost, and discomfort is experienced, please contact our office. If the dressing should fall off after 4 days, and you are comfortable, replacement of the dressing is unnecessary.

For additional questions or concerns, Dr. Jaiswal can always be reached at 856-345-9490. Thank you for trusting us with your dental health!