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## **Post-Operative Care for Crown Lengthening**

### **Bleeding**

Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours following surgery. Do **NOT** rinse, spit or use a straw as these will often prolong the bleeding. **If bleeding continues, apply light pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 20-30 minutes without looking to see if bleeding has stopped. NO PEEKING!**

If a periodontal pack has been placed in your mouth, do not remove it. The pack should remain in place for 1 week. If the pack comes off before this time, it is not an emergency, but the doctor should be notified.

If further bleeding increases or occurs past the initial 48 hours, please call our office as soon as possible to notify the doctor and receive further instructions. Avoid any strenuous physical activity for the next 2-3 days to prevent or minimize severe 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, HOT, hard (such as ice cubes, nuts, popcorn, chips), spicy, or acidic foods in your diet. (Suggested foods include soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese, etc.). Eating them warm, room temperature or cold are best. Be sure to maintain adequate nutrition and drink plenty of fluids.

**Avoid alcohol (including beer and wine) and smoking until after your post-operative appointment. Smoking is not advised during the 7-14 days following surgery.**

### **Homecare**

Do not brush the surgical site. You may brush everywhere else. Please use prescribed rinse for 10 days. After 10 days, use lukewarm salt water rinse 2-3 times per day (30 seconds of swooshing with each use). **Vigorous rinsing should be avoided!**

### **Starting tomorrow:**

- Please use Peridex mouth rinse 2 times per day (morning and night) with 30 seconds of swooshing with each use. Use the prescribed rinse for only 10 days.
- **Please do NOT play with the surgical area with your fingers or tongue.**
- **Do NOT pull the lip or cheek up or down to look at the area and do not have someone else look at the area. Just LEAVE IT ALONE!**
- Please use the prescription sent to your Pharmacy.