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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. 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 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, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese etc. 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**

Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery. In areas where there is dressing, lightly brush only the biting surfaces of the teeth. After you have eaten or you have snacked, please use lukewarm salt water rinse 4-6 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.
- **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!**
- **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 a shake are OK as long as you use a spoon.**