

# POND SQUARE DENTAL

## INFORMATIONAL LEAFLETS

# CROWN LENGTHENING AFTERCARE INSTRUCTIONS

Periodontal surgery today has few complications and is usually uneventful. After leaving the office you will need to rest. You should have minimal bleeding. We will see you 10-14 days following periodontal surgery for a post operative visit appointment.

**Sutures:** Sutures are usually placed to keep the tissue in place. You will either have dissolvable gut sutures that will come out by themselves within 1-3 weeks, or you will have non resorbable sutures that we will remove when we see you on your next visit. Please be aware sometimes the sutures can be annoying and also cause ulceration and discomfort in the lips and cheek.

**Hygiene:** The tissue in the area of surgery will be tender for several days. Do not brush the surgical area for at least 5 days. If you wish after about 5 days or so gently brush just the tops and sides of the teeth in the surgical area but be careful not to disturb the gum tissue too much.

You will need to gently rinse/bathe the surgical area 3x times daily with either lukewarm salt water, a teaspoon in a 8-10 oz glass and/or the mouthwash provided (if you wish, you can dilute the mouthwash with an equal amount of water).

You will receive further instructions at your next visit. Keeping the area clean will increase healing and decrease the chance of pain. You can continue to brush the rest of your mouth asper normal.

**Medication:** After your oral surgery we may prescribe appropriate pain medications and antibiotics depending upon the procedure. If antibiotics are prescribed it is vital for you to complete the course of antibiotics to ensure proper healing. If pain medication is prescribed, please take it as directed. If you have any nausea, allergic reactions or unusual symptoms please contact our office. Generally, ibuprofen and or paracetamol should be sufficient to alleviate the discomfort.

**Nutrition:** After any surgery, it is important to stay well-nourished and hydrated. We recommend clear liquids at room temperature or soft foods (eggs, pasta, soups, soft fish). If possible try to eat on the side of your mouth which didn't have an intervention.

**Activity:** We recommend for you to limit your activities the day of the periodontal surgery. The more activity the more discomfort you can expect. When you do go to sleep, try to stay semi reclined and not flat. Place a towel over your bed sheets in case you experience any bleeding during the night.

## LOVE YOUR SMILE

Pond Square Dental, 26 Highgate High Street, Highgate, London N6 5JG.

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**Swelling:** You may experience some swelling following surgery and this includes external swelling/bruising on the cheeks. The swelling may be at its worst at 72 hours but then it should begin to reduce. You may use an ice pack in the affected area. Placing it on your face 15 minutes on and 15 minutes off for the first day to minimize swelling. Never use a heating pad or heat on your face.

**Bruising:** Some patients or those on long term aspirin or blood thinners may bruise following Surgery. You may notice a late stage bruise on your cheek 3-5 days following surgery. It may take 7-10 days to fully go away.

**Emergencies:** If you experience anything unusual, have a reaction to the medication, have continuous unresolved pain or need to speak with Dr. Daftari please call our office.

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