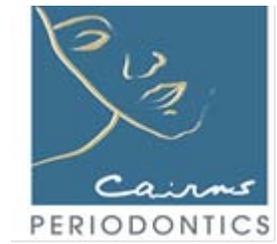


## AFTER CARE INSTRUCTIONS

### *Crown Lengthening Surgery*



Please follow these important instructions. They will make you more comfortable and help to prevent possible complications following your treatment.

#### **Discomfort:**

For mild discomfort, we recommend analgesics such as ibuprofen or paracetamol. Avoid aspirin postoperatively to prevent bleeding problems. For more moderate discomfort, you have also been given a prescription for a narcotic analgesic, however we only recommend the use of this after trialing over the counter analgesics.

#### **Swelling:**

Post-operative swelling may occur, and should not cause concern. However, to minimize any swelling you can apply cold packs to your face over the surgical area for the first 3 to 4 hours after surgery. Apply the packs 10 minutes on and 5 minutes off. If possible, use an extra pillow during the first two nights to elevate your head. This helps keep the blood from pooling in the surgical site.

#### **Bleeding:**

As can be expected following any surgery, plan your day or evening so you are able to get a little more rest than usual. Avoid physical activities for the first 24 hours. To minimize the chances of bleeding, don't rinse your mouth out vigorously, drink through a straw, touch the surgical site or smoke during the first 24 hours. You have been provided with a pack of spare gauze, if you notice fresh blood, roll up a piece of gauze and apply pressure to the area for approximately 10 minutes.

#### **Oral hygiene:**

Continue to clean the rest of your mouth as you normally would, avoiding the surgical area with a toothbrush during the first 3 weeks. Instead rinse gently for one minute morning and evening with the mouthwash provided. After three weeks you can start mechanically cleaning the surgical site with a soft tooth brush. If you were given a prescription for an antibiotic, be sure to take it on time as prescribed until the entire course is complete as this will aid healing.

#### **Nutrition:**

As this type of surgery tends to dehydrate you, we recommend consuming extra fluids to ensure hydration, and promote healing. Avoid smoking and alcoholic beverages during the first week, if possible, as these will slow your healing considerably. We suggest consuming soft foods if possible for the first week, avoiding food with small seeds or crusts.