



Post-Surgical Care for Crown Lengthening

Medications

Antibiotics: Please take according to package instructions.

Ibuprofen/Tylenol combination:

- IBUPROFEN (Advil, Motrin): DO NOT USE IF ALLERGIC TO ASPIRIN OR IF YOU ARE A SEVERE ASTHMATIC.
 - We recommend two tablets (400mg) every four hours for the first 24 hours after surgery followed by one tablet in the morning & evening for 3 days after surgery. Ibuprofen is an excellent anti-inflammatory and a good pain reducer. DO NOT exceed 3200mg (maximum adult dose) in one 24 hour period.
 - If you are unable to take ibuprofen, ACETOMINIPHEN (500mg) can be used every 4-6 hours for 2-3 days as needed (maximum daily dose of 400mg)
 - If you are experiencing moderate to severe pain, take 400mg of ibuprofen and 500mg of acetaminophen at the same time every 6 hours and contact the office if not managed within 48 hours.

Tylenol 3:

- TYLENOL 3 (optional): is a strong pain reducer with contains codeine. You should not operate a motor vehicle after taking codeine for at least 6-8 hours. USE AS DIRECTED.
NOTE: Codeine may promote constipation
 - DO NOT EXCEED 12 'Tylenol 3' tablets in one 24 hour period.

Care of surgery site

Chlorhexidine rinse:

- Rinse for a full minute 2-3x daily. Use rinse for at least 2 weeks.

Salt water rinse: (OPTIONAL)

- Mix 1 teaspoon salt to 6oz. warm water and rinse for 10 seconds. Repeat 2-3x per day.

Perioscience AO ProVantage Gel:

- Apply a pea-sized amount each to your upper and lower gums using your fingertips, cotton swab or soft toothbrush. Allow the gel to dissolve and expectorate (spit out) excess. Do not swallow. Should any irritation occur in the mouth upon application discontinue use and contact a dental professional. After applying AO ProVantage do not eat or drink for 30 minutes to allow gel maximum time on soft oral tissue.

Ultra soft toothbrush:

- Please do not start using toothbrush provided for at least 3 weeks after surgery. Run brush under warm water and gently, with a swiping motion from gum line to tip of tooth, brush surgery area. Use for at least 2 weeks before flossing. No electric toothbrush for a minimum 6 weeks after surgery.

Swelling

- Swelling after surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and usually lasts 4 to 6 days.
- Applying ice packs over the area of surgery for the first 12 hours helps control swelling and may help the area to be more comfortable. Apply for 20 minutes on 20 minutes off on day of surgery. Ice pack should be wrapped in a paper towel to prevent skin from becoming too cold.

Bleeding

- Some bleeding will occur from the area of surgery and is normal.
- Do not spit or suck thick fluids through a straw, because this promotes bleeding.
- If excessive or sudden bleeding begins try to gently rinse with warm salt water. Place gauze or a tea bag for pressure and sit down for 30-60 minutes before checking area.
- Keep your head elevated with several pillows or sit in a lounge chair.

Diet

- It is important to drink a large volume of fluids. Do not drink thick fluids through a straw, because this may promote bleeding.

- Eat normal regular meals as soon as possible after surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day. Chew foods on opposite side from surgery for at least 4 weeks while tissues are healing.
- We encourage good nutrition and vitamin supplementation following surgery to promote favorable healing.
- Softer foods such as soups, pastas, yogurt, pudding, fish or eggs should be eaten the first day or two after surgery.
- Try to avoid foods with small seeds (such as poppy seeds, sesame seeds, raspberries) for 2 weeks following surgery.

Bruising

- Mild bruising in the area of your surgery is a normal response in some persons and should not be a cause for alarm. It will disappear in 7 to 14 days.

Stiffness

- After surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is normal and will improve in 5 to 10 days.

Stitches

- Most sutures used at our office are dissolvable. If sutures are not dissolvable they will be removed at your post op visit.

Dressings

- You may or may not have a surgical dressing placed after surgery.
- The dressing is meant to last approximately 7 days. If it comes loose please gently remove it so it doesn't rub on surgery site. It may come off on its own within 7 days or as early as the same day. This is not a problem. The dressing will be removed at your post op visit.

Teeth

- Your teeth are usually more sensitive after surgery. It is extremely important to keep using the rinse for the full time recommended as it keeps the plaque down and will help to reduce tooth sensitivity as you cannot brush the surgery site for a minimum of 3 weeks.

Call the office if:

- You experience excessive discomfort that you cannot control with your pain pills.
- You have bleeding that you cannot control
- You have increased swelling after the third day following your surgery.
- You have any questions.
- You feel that you have a fever.

Smoking and healing

Recent studies have indicated that tobacco smoke delays soft tissue healing! The toxic constituents of cigarette smoke – particularly nicotine, carbon monoxide and hydrogen cyanide – suggest potential mechanisms that may undermine timely healing;

- **Smoking causes blood vessels to tighten up.** This decreases blood flow to the healing area. With less blood, its harder for damaged tissues to get the nutrients and oxygen they need to heal properly.
- **Smoking decreases the level of oxygen in the blood.** Healing tissues need plenty of oxygen, but they don't get if you're a smoker.
- **Smoking decreases the formation of collagen.** Collagen is the main protein in connective tissue that is needed for a wound to heal properly.
- **Smoking increases scar tissue formation.** By limiting the migration of fibroblasts – the most common type of cell found in connective tissue – to the wounded area. This leads to an accumulation of these cells at the edge of the wound.
- **Smoking increases the level of hydrogen cyanide in the bloodstream.** This makes it harder for chemicals in the body to transport oxygen from cell to cell – an action that is necessary for healing.

Please refrain from chewing gum, sucking on straws or mints, excessive swishing or spitting of mouth rinse, drinking alcohol and doing physical exercise for a minimum of 48 hours after your surgery.

PHONE NUMBERS

Office: 403-281-4266

Emergency: 403-807-8508

If you are unable to receive an answer at either of these numbers please contact a medical emergency clinic.