

# CENTRE ORAL & FACIAL SURGERY

GREG KEWITT DMD, MD, FACS

## INSTRUCTIONS FOLLOWING CROWN LENGTHENING

Please read this handout carefully and keep it as a reference for after surgery. Every surgical procedure is different, so not all of the instructions may apply. Common sense will often dictate what you should do. When in doubt, or if you have any questions not addressed below, please do not hesitate to call.

### Swelling and Pain

Some swelling after surgery is normal, particularly in the lower jaw. Apply ice to the outside of your face, over the operated area. Leave ice on your face for about 5 minutes, then removed for 5 minutes (or alternate sides between operated areas) for 2-3 hours after surgery. The use of ice and the anti-inflammatory analgesic you have been prescribed will reduce the amount and duration of facial swelling.

### Bleeding

It is common to have slight bleeding for a few hours following periodontal surgery. If bleeding persists, apply gauze or a moist tea bag to the surgical site with firm but gentle pressure for 15 to 20 minutes. Let yourself rest for 15 minutes. If you still have slight bleeding, repeat the application of gauze or the tea bag for a second time. **If excessive bleeding continues, please call our office.** Remember, the blood you may see in your mouth is actually a little bit of blood mixed with a lot of saliva. Blood is a strong dye. A little bit of blood will color your saliva dramatically.

### Oral Hygiene

Brush and floss your teeth as usual but avoid the area(s) where the surgery was performed. Only brush exposed, operated areas using a soft bristled toothbrush. In areas covered by periodontal dressing, only brush the chewing surfaces of teeth.

Avoid flossing in operated areas the first week following surgery. No undiluted mouthwash, salt water, or peroxide rinses should be used during the first week following surgery. Also, do not use water irrigation devices such as Water-piks for one month following surgery.

Using a Q-tip (cotton tipped applicator), gently swab the exposed operated areas with Peridex (Chlorhexidine) before bed at night and again in the morning after eating and drinking.

### Eating and Drinking

Avoid eating until all the anesthesia (numbness) has worn off. For 3-5 days following surgery, try to consume high protein foods and liquids. Semi-solid foods such as eggs, custard, yogurt, pasta, steamed vegetables, casseroles, and cooked cereals are some foods to eat the first few days following your surgery. **Avoid eating spicy, salty, acidic, very hot or cold foods or liquids.** Also, avoid nuts, chips, or other crunchy or fibrous foods that may become caught between your teeth.

Please refrain from drinking alcoholic beverages for the next week. Alcohol can delay and cause poor wound healing.

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## Activity

After surgery, limit your activity as much as possible for the remainder of the day. Avoid strenuous activity and **aerobic exercise for the next 2-3 days.**

## Medication

Take all medications as prescribed. Take the time to review any drug information provided to you by your pharmacist. It contains detailed information regarding medication side effects and precautions.

**Do not take any below medications if allergic or otherwise advised by a physician.**

**Ibuprofen:** Take 400mg (2 tablets) ibuprofen when you get home with food. Take another dose with the evening meal. The next day, take 400mg of ibuprofen three times a day with food. The prescription pain medication you received may be used to supplement the ibuprofen if needed. Some side effects of ibuprofen include gastrointestinal upset, bleeding, or worsening asthma symptoms. Generally, ibuprofen should be avoided if you regularly take blood thinners such as warfarin, Coumadin, or Plavix. It is recommended to consult with the prescribing physician.

**Narcotic Pain Medication:** **Do not** drive, use power equipment, engage in vigorous physical activity, or attempt to make important decisions if you need to use narcotic pain medication because **it can impair your judgment.** Additionally, pain medication may cause nausea and constipation. Taking the medication with food may reduce the chance of nausea. If you anticipate needing more prescription pain medication for the weekend please note: **telephone calls for narcotic pain prescription renewals are ONLY accepted during office hours.**

**Antibiotics:** The doctor may prescribe antibiotics to help prevent an infection. Complete the entire prescription. Antibiotics can produce several unwanted side effects including **gastrointestinal distress**, loose stools, and, in some rare cases, an **allergic skin reaction.** If you feel that you are having any of these reactions, please call our office.

## Infection

Be sure to finish any prescribed antibiotics. If you notice an increase in pain or swelling a few days after surgery or experience an elevated temperature, please call the doctor.

**Please remember that your follow-up visits are very important.**

**Our 24 hour, 7 days a week contact number is 814-235-7700.**

Our web site, **centreoms.com**, has additional information that you may find useful.