

Island Perio

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islandperio.com

With any surgery or anaesthetic, there are a few instructions to ensure a successful procedure with a timely and uneventful recovery. These instructions are always provided at the office before any procedure, and Dr. Hunter, Dr. Tuckey and their staff are always available to provide explanations or answer questions.

Post-Operative Instructions: Crown Lengthening & Periodontal Flap Surgery

Surgical packing: This packing is covering the surgical area. This packing may remain until your next appointment. If the packing comes loose before four days after the surgery, please call our office for further instructions.

Swelling: During the next 24 hours, place an ice pack to the outside of the face over the area of the surgery. The ice pack should be applied 15 minutes on and 15 minutes off. This will reduce the swelling but some swelling is normal for the first 3-4 days. No ice pack should be used after 48 hours.

Bleeding: It is important to refrain from smoking, spitting, drinking through a straw or strenuous physical activity for the first 3 days. These activities will cause bleeding. The surgical area will ooze slightly for approximately 24 hours after the surgery and the saliva will appear pink in colour. This is normal. If extensive bleeding occurs, place a sterile gauze or tea bag over the packing and place pressure for five minutes. This should stop the bleeding. If FRANK RED bleeding still occurs, call the office for advice.

Oral hygiene: Rinse gently with warm salt water (1 tsp salt to 8 oz of warm water). Rinse 4-5 times a day for 5-7 days. Brush and floss all teeth except in the area of the surgery, where the surgical packing was placed. The surgical packing will protect the area of surgery. If an antimicrobial mouthrinse was prescribed, use twice per day and avoid eating or drinking for 20-30 minutes.

Pain: If pain occurs, take the prescribed pain pills every four hours. It is best to take a pain pill after surgery prior to the wearing off of the local anesthetic.

Antibiotics: Take antibiotics (if prescribed) as directed until used up.

Food: It is important to eat. Nutrition is key to proper healing. Eat soft foods for 3-5 days (ie soup, jello, eggs, ground meat etc). Do not eat nuts, popcorn, potato chips or other sharp or crunchy food.