

# Manhasset Dental, P.C.

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## Post Treatment Care - Crown Lengthening Procedure

The surgical procedure that was performed was designed to expose more of your tooth that was covered by gum and bone. It may be done when not enough tooth is exposed to place a crown, when decay or a restoration is affecting the bone and gum tissue and causing inflammation and infection. It also can be done for cosmetic concerns when someone has too much gum showing.

### REST

- Quiet rest these next several hours will ensure early, comfortable and complete healing.
- Always get up slowly to prevent dizziness.
- Limit physical activity.
- Keep your head elevated the remainder of the day.

### COMFORT

- Expect to have some discomfort when the anesthetic wears off. We suggest that you **take a pain reliever before the numbness begins to wear off** so that the transition will be smooth. When you begin to feel the first signs of pain, take another pain reliever as long as you are within the guidelines printed on the bottle or as we discussed. If your pain medication contains codeine, wash it down with a dairy product or something to soothe your stomach.

### DO NOT CONSUME ALCOHOL WHILE ON PAIN MEDICATION

- For minor discomfort, use an over-the-counter pain medication such as Tylenol (acetaminophen) or Motrin (ibuprofen).
- If the pain medication seems to wear off before it is time to take more, you may want to alternate it with Ibuprofen every 2 hours (Ibuprofen: Adults do not exceed 2400mgs daily)
- It is normal to experience a slight feeling of weakness or chills during the first day or two after surgery. This is part of the body's defense mechanism and is not cause for alarm.

### ANTIBIOTICS

- If you were prescribed an antibiotic, take it conscientiously as directed until all are gone; stopping antibiotics in the middle can actually do more harm than good.

### DRESSING (*Bandage-Periodontal Pack*)

- Sometimes a surgical dressing is placed around the teeth in the surgical site. It serves to protect the area from irritants like coarse or spicy foods.

- If small pieces of the dressing are lost or if the whole thing is dislodged, do not worry. The dressing does not affect healing so if you are comfortable, there is no reason to replace it.

### **SMOKING**

- We strongly advise against SMOKING after surgery. Smoking delays the healing, increases discomfort, and may encourage bleeding and infection at the surgical site.

### **SWELLING**

- You may experience some swelling of the face or jaw around the surgical area. It may start during the first 24 hours, last a few days and then begin to subside. This too is a normal defense mechanism and is no cause for alarm. Swelling peaks 30-36 hours post-surgery.
- To help prevent swelling, place an ice bag on your face outside of the surgical area during the first 24 hours after the procedure. Leave it on 15 minutes, off 15 minutes then back on, etc. After the swelling has reached its peak in 3 days, warm compresses can be applied to speed recovery.
- Some patients tend to bruise on the cheek adjacent to the surgical area; this is normal. If swelling or bruising persist and concern you, do not hesitate to give us a call.

### **BLEEDING**

- Some oozing of blood from the surgical site is normal during the first twenty-four hours so do not be surprised if you notice pink streaks in your saliva. If bleeding persists and your mouth is filling with red blood, try to locate the area that it is coming from. Sit quietly, fold a cold washcloth or a damp, regular (not herbal) tea bag into a “U” and with the thumb and index finger apply firm pressure to both sides of the dressing or area for 20 minutes.
- You should not rinse your mouth for the first 24 hours.
- If you are unable to control the bleeding in this manner, give us a call right away.
- It is also helpful to sleep with your head elevated by a couple pillows the first night after surgery.

### **ORAL HYGIENE**

- You will not be able to brush or floss the area covered by the dressing but you should continue normal procedures for the rest of your mouth.
- After 24 hours, gently swish either the mouthwash prescribed or warm salt water 4 times a day. Warm salt-water rinses made with 1/2 teaspoon of salt in a glass of 4 oz. warm water are encouraged after 24 hours to aid healing.
- You should use a gentle, very soft, bristle brush to clean the teeth while avoiding the specific surgical area until you return to your post-operative visit.

### **DIET**

- The importance of a nutritious diet cannot be overemphasized, especially during this healing period when your body is stressed. If you eat good, soft, foods you will feel better, remain comfortable and heal faster.
- Drink plenty of fluids. The entire day of the surgery you should consume 6-8 glasses of water.

- Avoid eating on the treated side, if possible. A liquid diet is best for the first 1 or 2 meals, such as: milkshakes, smoothies, Ensure, Boost, Instant Breakfast, fruit juices and lukewarm soup.
- Avoid hot liquids the first several hours; cold liquids are encouraged.
- Soft foods should be eaten during the first 5-7 days because they require little pressure to chew. Here are some suggestions: eggs (omelets, quiche, custard, etc.), cooked cereal, pancakes, pasta, noodle casseroles, meat loaf, baked fish, chicken and dumplings, soft breads and ice cream.
- You may also continue with your normal vitamin supplements.

#### POST-OPERATIVE VISITS

- At the first post-operative visit, we will remove the dressing and any sutures that were placed. Although the gums will be on the road to healing, important healing continues under the gum line for several months.
- This visit is short and you should expect little, if any discomfort.
- You will be scheduled at this time for any additional appointments that may be required in your treatment phase.

Please call the office if you have any further questions or concerns

There are no silly questions...*be safe and not sorry!!!*

We are here for you: **Office:** 516 627-7888