



MARIANNE MORELLI, D.M.D.

BROOKFIELD FAMILY DENTISTRY, LLC

Post-Operative Instructions for Crown Lengthening

- Some pain, bleeding, swelling, and seeping are normal following oral surgery. **Please do not try to view the site by pulling on your lip and do not probe the area with your tongue or fingers. Leave the area alone.**
- Avoid forcefully rinsing or spitting. DO NOT drink through a straw. Biting on a gauze pad placed directly on the wound for 30 minutes will help reduce bleeding. Some bleeding is normal for the first 24 hours. If bleeding continues please call our office.
- Please take all medications, including mouth rinses, as prescribed. It is recommended for anti-inflammatory purposes and for pain to take the following medication regmine for up to 72 hours post-operative. ***Take 3 Advil (200 mg Ibuprofen) taken with 2 Regular Strength Tylenol all at the same time, taken every 6 hours.***
- After 24 hours, brushing and oral hygiene procedures should be done as usual in all untreated areas. *In the treated areas, please limit your oral hygiene to brushing using a soft manual toothbrush. Avoid dental flossing in treated areas during the first week following surgery.* No undiluted mouthwash, salt water or peroxide rinses should be used during the first week following surgery.
- Swelling and bruising may occur and may become more noticeable two to three days following surgery. Applying a cold compress to the face near the surgical site will help minimize swelling.
- If using an ice pack, please do not apply ice directly to your skin but place a cloth between the ice and your skin at all times. You may apply the cold compress for up to 20 minutes on and at least 20 minutes off as needed. After 36 hours the cold compress will have no further impact on swelling. After this period, the application of moist heat to the sides of the face can help reduce swelling. The most swelling can occur in the morning. It is ideal to keep the surgery site elevated above your heart and to avoid sleeping/laying on the side that the surgery was performed.
- Drink plenty of fluids. Stay away from spicy or acidic foods. Also avoid sharp and crunchy foods like tacos, chips and nuts. Tobacco and alcohol should not be used. Alcohol should not be used in combination with pain medications nor antibiotics.
- Keep physical activities to a minimum immediately following surgery. Avoid strenuous activity for 2-3 days.

Additional Notes: _____

Try to relax and practice the best oral hygiene possible and your healing should progress well. If you have any questions or concerns, please call the office number during business hours or my cell phone after hours.

Office: 203-775-6167

Dr. Morelli's Cell: 203-448-6469

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