

CROWN LENGTHENING POST OP INSTRUCTIONS

Now that your oral surgery is completed, follow these procedures to make yourself more comfortable, promote healing and help prevent any possible complications.

Take All Medications as Directed

1. If provided, take the Dexamethasone prescription starting the day surgery.
2. If a narcotic pain reliever was prescribed, commence use after the surgery. After 24 hours use as needed.

When you get home

One hour after surgery, apply an ice pack or cold towel to your cheek or jaw-20 minutes on and 20 minutes off. You may continue up to six hours after surgery. Place a towel on your pillow to prevent blood staining,

12 hours after surgery:

Rinse with *PerioRx 2 times per day for 7 days. Allow solution to remain in your mouth, but do not rinse vigorously because this may dislodge the tissue and delay healing. If wound is in the lower jaw, tilt your head back and to the side. If in the upper jaw, use gentle swishing. Hold it for at least 30 seconds. Rinsing flushes away food particles which may be lodged around the surgery site.

**You may replace the use of PerioRx with salt water. 1 tsp salt to 8 oz water. Use the entire glass for rinsing.*

Brushing

Do not brush the site for the first 7 days. To maintain cleanliness of the site, dab the area 2 times per day with a cotton swab dipped in perio rinse for the 1st week. After the 7 days it is okay to brush the site lightly with a super soft tooth brush using the perio rinse in place of toothpaste. Regular brushing can be resumed after the first post op visit 3 weeks after surgery.

Nausea

Take one ounce of a carbonated drink, such as ginger ale every hour for five or six hours, or a pinch of baking soda in a glass of water. Then drink mild tea, clear broth and soft foods before resuming your normal diet.

Diet

A nutritionally balanced diet is very important. During the first 24 hours eat soups and soft foods which are easily chewed or swallowed. Meats, vegetables and fresh fruit can be liquefied in a blender. Gradually progress to solid food. Avoid foods like popcorn and peanuts which can become lodged in the surgery site. Don't skip meals. If you take nourishment regularly, you'll feel better, gain strength, have less discomfort and heal faster. Take any prescribed medication as usual.

Following these procedures will speed the body's healing and prevent complications. If you are concerned or do not understand the instructions, do not hesitate to call the office at any time.