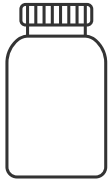


POST OP DIRECTIONS

Crown Lengthening

DISCOMFORT



YOU MAY HAVE SOME SORENESS AND TENDERNESS, AS WELL AS TEMPERATURE SENSITIVITY FOLLOWING YOUR PROCEDURE. IN MANY INSTANCES 600-800MG OF IBUPROFEN, TAKEN EVERY 8 HOURS WILL BE SUFFICIENT.

SWELLING

DEPENDING ON THE NATURE OF THE PROCEDURE, SWELLING MAY OR MAY NOT OCCUR. IT IS ADVISABLE TO PLACE AN ICE PACK OVER THE AREA, 20 MINUTES ON AND 20 MINUTES OFF, FOR THE REST OF THE DAY FOLLOWING THE PROCEDURE.

BLEEDING

BLEEDING MAY OCCUR FOLLOWING YOUR PROCEDURE. IF YOU EXPERIENCE ANY BLEEDING, YOU CAN USE A DAMPENED GAUZE PAD TO APPLY LIGHT PRESSURE TO THE AREA.

SMOKING AND ALCOHOL

TOBACCO SMOKE AND ALCOHOL CAN INTERFERE WITH THE HEALING PROCESS. REFRAIN FROM ALL SMOKING FOR TWO WEEKS FOLLOWING YOUR PROCEDURE.



BRUSHING

YOU MAY BRUSH THE AREA STARTING THE FOLLOWING DAY AFTER THE PROCEDURE UNLESS INSTRUCTED OTHERWISE BY THE DOCTOR. CONTINUE TO FOLLOW YOUR REGULAR ORAL HYGIENE ROUTINE IN ALL OTHER AREAS OF YOUR MOUTH.



MOUTHWASH

AVOID ANY RINSING FOR THE FIRST 24 HOURS FOLLOWING THE PROCEDURE, THIS MAY PROMOTE BLEEDING. YOU MAY USE MOUTHWASH AFTER 24 HOURS TO KEEP THE AREA CLEAN.

DIET



FOR THE NEXT TWO WEEKS, TRY YOUR BEST TO CHEW ON THE OPPOSITE SIDE OF YOUR MOUTH UNTIL YOUR NEXT VISIT. AVOID CRUNCHY OR STICKY FOODS SUCH AS POPCORN, CHIPS, GUM, CARAMEL, ETC, AND FOODS THAT ARE EXCEPTIONALLY HOT.

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