



## MOUTH CARE FOLLOWING CROWN LENGTHENING

- 1) **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.
- 2) **Mouthwash:** Avoid any rinsing for the first 24 hours following the procedure, this may promote bleeding. You may use any mouthwash after 24 hours to keep the area clean.
- 3) **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 for any discomfort.
- 4) **Smoking:** Tobacco smoke can interfere with the healing process. Refrain from all smoking for the next two weeks following your procedure.
- 5) **Swelling:** Depending on the nature of the procedure, swelling may or may not occur. It is advisable to place the ice pack over the area, 20 minutes on and 20 minutes off, for the rest of the day.
- 6) **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.
- 7) **Diet:** for the next two weeks, try your best to eat on the opposite side until your next visit and avoid any crunchy or sticky foods such as nuts, popcorns, pretzels, chips, gum, caramel etc. and foods that are exceptionally hot.