

Post Operative Instructions- Gum Recontouring/Gingivectomy

The following post operative advice is intended to address potential questions or concerns you may have following your gum recontouring. Should you have any further questions that have not been mentioned below please do not hesitate to contact our office.

- * During the first several hours after your dental appointment it is best to avoid eating or drinking, particularly anything hot. Your mouth will be numb from the dental anesthetic and this poses a risk of trauma to your tongue and lips as a result of temporary loss of sensation.
- * Temperature, pressure sensitivity or mild pain may be experienced over the first few days however will subside gradually. Medications such as Advil or Tylenol may be taken to alleviate any associated sensitivity or pain. If antibiotics have been prescribed please begin taking them immediately and continue until finished. Please consult your physician prior to taking any new medications. If sensitivity persists please contact our office for further advice.
- * Avoid rinsing, brushing and flossing your mouth for the first 24 hours. At 48 hours warm salt water rinses are recommended to expedite healing. If a syringe is provided, fill with warm salt water and gently bathe surgical area.
- * To minimize swelling and bruising to the area, you may choose to apply ice intermittently, 10 minutes on 5 minutes off. Soft diet of soups, yogurt, fresh juice, ice cream and popsicles are recommended over the next 2-3 days.
- * Continue with your routine home care with the exception of the surgical site. This area may be resumed after the follow up visit.
- * Do not retract the lip to inspect the site or touch the surgical area with your fingers.
- * If surgical dressing or sutures have been placed this will be removed at your subsequent follow-up appointment. If the final appearance is not ideal, touch-up contouring may be necessary.
- * Smoking should be avoided to prevent potential infection.
- * In the event of excessive bleeding or pain please contact our office immediately or go to your nearest hospital emergency room.

If you require any additional information or have any concerns, please do not hesitate to contact our office at 416-224-0677.