



GUM RECONTOURING POST OPERATIVE INSTRUCTIONS

Slight **bleeding** is expected. If profuse bleeding occurs, place gauze over the site and keep your jaws firmly closed. Pressure stops bleeding, so keep biting for 30 minutes. If no resolution occurs, replace gauze and bite down for another 30 minutes. If bleeding continues, get a wet tea bag and bite down for 60 minutes. If bleeding persists, please call our office.

Avoid **spitting** and **drinking through** a straw. This can dislodge your blood clot and delay healing.

For at least the first 24 hours, avoid **exercise** and **physical activity**. Physical activity such as lifting heavy objects increases blood flow and will lead to increased bleeding. When resting or sleeping, keep your head elevated.

Smoking should be avoided for at least the first 24 hours. **Alcoholic beverages** should be avoided for 48 hours or as long as you're taking prescribed medication.

If **medication** has been prescribed, take it as directed. If the medication seems not to be working, do not increase the dosage. Instead, please call our office. Medication you usually take should be continued unless you were instructed otherwise.

Start **rinsing** with salt water the day after surgery. Do this 3 times a day for 3 days. Rinse each time for 1 minute. Use a mix of 8 ounces of water and $\frac{1}{2}$ teaspoon of salt.

On the day of surgery, avoid **brushing** and **flossing** (teeth adjacent to the surgical site). You may brush and floss the other teeth. Brush area gently the day after surgery, expect minor bleeding. On day two, start gently brushing and flossing all teeth. Do this a little more thoroughly each day, good oral hygiene promotes faster healing.

Minor **swelling** is normal and expected. Icing reduces swelling when applied in the first 24 hours. Apply ice to the outside of your face, in a plastic bag wrapped in a thin cloth. Alternate 10 minutes on, 5 minutes off, or simply keep it on for as long as you can tolerate it.

Please eat a **soft diet** for the next 3 days. Drink plenty of fluids. Avoid hot foods and drinks, because heat stimulates bleeding. Things like scrambled eggs, yogurt and mashed potatoes are ideal. Avoid nuts, potato chips or spicy foods. **Do not chew ice!**

Pain, swelling and sometimes **bruising** to an extent follows nearly every surgery. If you are experiencing more pain than what you feel is normal, please call our office.

Sutures can be resorbable/dissolvable or non-resorbable/non-dissolvable. If non-dissolvable they will be removed in 2 - 3 weeks. Resorbable sutures do not need to be removed.

If you have any further questions or concerns, please let us know, we're here to help.

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