



*A Reputation for Providing Comfortable and
Personalized Care in Cosmetic and Family Dentistry*

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POST-OPERATIVE INSTRUCTIONS

Gingivectomy

MEDICATIONS

- Take all prescribed medications as directed- Finish ALL antibiotics and anti-inflammatory. (Naproxen, Ibuprofen).

MEDICATIONS FOR DISCOMFORT

- Take Naproxen Sodium 500mg (2X/day) with food, as needed for pain.
- One tablet of Extra Strength Tylenol every 6 hours is okay to take in between doses of Naproxen.

SWELLING

- Swelling is normal for up to 1-2 weeks post procedure, peaking at 2 to 4 days and especially in the early morning.
- First Two Days: Apply ice pack 20 minutes on/ 20 minutes off
- Third Day: Apply heat pack 20 minutes on/20 minutes off
- Sleep on 2 pillows to elevate head.

BLEEDING

- Light bleeding (oozing) from the surgical area may occur for up to 48 hours post-surgery.
- Control by applying pressure with moist gauze or a wet tea bag for minimum of 30 minutes.

DIET

- All soft foods for 7 days post-procedure.
- Do NOT chew on surgical site for 1 week. Do NOT eat hard, crunchy, fried or spicy foods along with small seeds, pretzels, crust, chips, peanuts, popcorn, sesame seeds, kiwi seeds, cereal, bread, pizza, candy, rice, nuts, gum, nachos, steak, wings, sausage, etc.
- Eat soft foods such as: yogurt or cottage cheese, soup, well-cooked veggies, soft bread, mashed potatoes, stuffing, pudding or gelatin, sorbet, oatmeal, pasta, eggs, applesauce, bananas, protein shakes, fish.

ORAL HYGIENE

- Do NOT brush or floss the area for 1 week. Okay to clean other teeth.
- Do NOT use WaterPik for 6 months around the surgical site.
- Use a Q-tip dipped in Peridex (0.12% Chlorhexidine) to very gently swab surgical site for the first 2 weeks.
- After 24 hours, resume rinsing with Peridex 2X a day until completed. Okay to rinse with warm salt water in between.

SOFT TISSUE GRAFTING

- Avoid pulling cheek/lip to look at the surgical site for at least 2 weeks, this will cause loss of sutures and loss of graft.

AVOID FOR 48 HRS

- Spitting out with force and Drinking from a straw

AVOID FOR 2 WEEKS

- Smoking (including e-cigarettes).
- Chewing tobacco