



## GINGIVECTOMY POST-OPERATIVE INSTRUCTIONS

Do NOT eat anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause damage. You will probably have some discomfort when the anesthesia wears off; take your **non-aspirin** pain medication(s) as directed, whether it is prescribed or over-the-counter.

### Medications:

- Please take **Advil 600 mg and Tylenol 500 mg** every 6 hours as needed for pain..
- Advil- Do NOT exceed 3200 mg (2400 mg in children) in a 24 hour period!!!  
Tylenol- Do NOT exceed 4000 mg (1000 mg in children) in a 24 hour period!!!
- **You may have been given a prescription for a stronger pain reliever. If Tylenol #3 is too strong, you can cut the pill in half. Please do NOT drive or operate heavy machinery while you are taking this medication.**

### Discomfort:

- Slight swelling of the operated area is not unusual. Even bruising and chapped lips may occur.
- **A ice pack** may be applied to the area of surgery to help minimize the swelling of your face. **Alternating 15 minutes on and 15 minutes off** will usually be adequate during the **day of surgery**.
- Keeping **your head elevated above your heart** will also help
- 3-4 days after surgery, **Heat using a water bottle with hot water 20 minutes on and 20 minutes off** will help resolve minor swelling.
- Major swelling should be reported to the doctor at once.

You may experience some tooth sensitivity after surgery, especially to cold. Sensitivity usually decreases within several weeks after surgery and can be minimized by keeping the area as free of plaque as possible. If the sensitivity is extreme, contact the doctor for recommendations or medications to relieve the discomfort.

### Bleeding:

Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours following surgery. Avoid extremely hot foods for **the rest of the day** and do NOT rinse out your mouth, as these will often prolong the bleeding.

### Eating / Diet:

**Please follow a soft food diet, taking care to avoid the surgical area(s) when chewing.** Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids.

**Avoid alcohol (even beer and wine) and smoking until after your post-operative appointment. Smoking is not advised during the 7-14 days following surgery.**

### Homecare:



Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery. Avoid rinsing, brushing and flossing your mouth for the first 24 hours. At 48 hours, warm salt water rinses are recommended to expedite healing.

- **Please do NOT play with the surgery area with your fingers or tongue.**
- **Do NOT pull up or down the lip or cheek to look at the area and do not have someone else look at the area.**  
**Just LEAVE IT ALONE!**
- **Do NOT use a drinking straw, as the suction may dislodge the blood clot.**
- **Avoid extremely hot foods. Cold foods such as ice cream or shake are OK as long as you use a spoon.**

Try to relax and practice the best oral hygiene possible and your healing should progress well. If you have any questions or concerns, please call the office.