



Post-Surgical Instructions for Gingivectomy

Brushing / Flossing

- Gently brush and floss the treated area.
- The area will be sore, tender and may slightly bleed during brushing and flossing, however, it is important to keep the area clean during healing.

Eating / Chewing

- Avoid hot temperature food / drinks the day of the surgery (coffee, tea, soup)
- Soft foods (fish, pasta, etc.) will be desired for the first few days.
- Do not chew with teeth that have been treated (chew on the other side of the mouth) for 1 week. If both sides of the mouth have been treated, chew lightly.
- Avoid crunchy, salty, spicy foods (pretzels, nuts, chips) for 1 week as they will irritate the treated area(s)

Discomfort

- Once the anesthetic wears off, you may experience discomfort.
- The treated area(s) could remain tender up to one week.
- "Delayed discomfort" is possible. This means that you may feel little to no discomfort the 1st week but do experience some the 2nd week.

Bleeding

- It is normal to experience slight bleeding for the first 2-3 days
- Gauze will be sent home for you to bite on if the area bleeds. Fold a piece of lightly moistened gauze into a small square; place it in the area that is bleeding and bite. Change the gauze about every 5 minutes until you no longer see any blood.
- Some medications can increase the amount of bleeding such as aspirin, Plavix, Coumadin.

- If the area continues to bleed with the gauze in place, remove the gauze and replace it with a moist small tea bag. The tannic acid in the tea will help to control the bleeding. Unfortunately, the taste is not pleasant
- If excessive bleeding occurs after attempting the above procedures, call the office # 408-356-6033

Sutures

- Sutures (stiches) may or may not have been placed.
- If sutures are in place, they are resorbable and will come out within 5-10 days. They may untie and become loose. Do NOT attempt to pull or remove the sutures. If they are long and bothersome, you can trim them with small scissors.

Working

- It is best not to return to work the day of the procedure due to possible discomfort and slight bleeding.
- If you must return to work the same day, please be aware that the treated area may be sore, tender, and throb and may require biting on gauze to control bleeding.
- If you elect to be sedated for the procedure, you are NOT to return to work the same day but may return the following day.

Exercising

- Avoid exercising or heavy lifting for 2 days.

Smoking

- It is best not to smoke during the 1st week following the surgery as it will delay the healing process.

Prescription Mouth Rinse

- If a prescription mouth rinse has been prescribed, rinse twice daily (after breakfast and before bedtime) for 1 week.

Antibiotic

- If an antibiotic has been prescribed, take as directed until gone

Pain Medication

- Take as needed.
- Ibuprofen, Tylenol, Advil, or prescribed medication