

# Post-Treatment Instructions

## Gingivectomy

Do NOT eat anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue. 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.

### Discomfort:

- Slight swelling of the operated area is not unusual. Even bruising and chapped lips may occur.
- An 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.
- 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. Avoid spicy foods for the rest of the day.

### Home Care:

Maintain normal oral hygiene measures in the areas of your mouth, but be gentle in the surgical area. Warm salt water rinses are recommended to expedite healing.

If you have any questions or concerns, please call the office.