



POST-OPERATIVE INSTRUCTIONS

After Crown Lengthening

Restorative · Cisco Dental — Dental Fitness

Crown lengthening is a minor gum (and sometimes bone) surgery that exposes more of a tooth — either so a filling or crown has enough healthy tooth to hold onto, or to even out a 'gummy' smile. Like any gum surgery, it heals best when the surgical site is left undisturbed for the first day.

The first 24 hours

- If gauze was placed, keep gentle pressure as directed; light oozing or pink saliva for a day is normal.
- Do NOT lift or pull your lip or cheek to inspect the area — this stresses the site and any stitches.
- Avoid vigorous rinsing, spitting, straws, and smoking today; suction disturbs healing.
- Rest with your head slightly elevated and avoid strenuous activity for the first day.

If a periodontal dressing (pack) was placed

- A putty-like dressing may cover the site to protect it. Leave it in place; small pieces chipping off over the next days is normal.
- If a large portion comes off in the first day or two and the area is tender, call (254) 442-2000.

Swelling & comfort

- Use a cold pack on the outside of the face, 20 minutes on and 20 off, for the first several hours.
- An over-the-counter anti-inflammatory such as ibuprofen, taken as labeled, controls most discomfort; take any prescription exactly as directed and finish antibiotics.

Eating & hygiene

- Choose soft, cool foods for the first few days and chew away from the surgical site; avoid hard, crunchy, spicy, or seedy foods.
- Keep brushing your other teeth normally, but avoid brushing directly over the surgical site until we clear you.
- Beginning the day after surgery, rinse gently with warm salt water (1/2 teaspoon salt in a cup of warm water) after meals; if a prescription rinse was given, use it as directed.



What to expect

- The treated tooth (or teeth) will look longer — that is the intended result of exposing more tooth structure.
- Some sensitivity and a change in how the gumline looks are normal as it heals over the following weeks.
- Sutures may dissolve on their own or be removed at a follow-up. Your final filling or crown is usually placed after the gums have healed and stabilized.

When to call us

Call our office at (254) 442-2000 if you experience any of the following:

- Bleeding that does not slow with steady pressure after 45–60 minutes
- Swelling that worsens after the third day rather than improving
- A fever, chills, or a bad taste/odor that does not resolve
- Pain that increases after day 3, or is not controlled by the plan below
- Any reaction to a prescribed medication (rash, hives, trouble breathing — for breathing trouble, call 911)