

Young Smiles Family Dentistry

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Crown Lengthening – Post-Treatment Care

The Purpose of this Surgery is to expose more of your tooth covered by gums. This may be done when: not enough tooth is exposed to fit crown; when decay or prior restoration is affecting gum and/or bone causing inflammation and infection; and for cosmetic concerns over gum show.

Rest & Head Position

- Rest quietly for the first **4–6 hours** in a **semi-upright position** with 2–3 pillows.
- Avoid bending, heavy lifting, or sudden movements.
- Stand up slowly to prevent dizziness.
- Limit activity for the **first 24–48 hours**.

Controlling Bleeding

- Light oozing or pink streaks is normal.
- **If bleeding is heavy:** Sit upright. Fold a clean washcloth or damp tea bag into a “U.” Apply **firm pressure** for **20 minutes** without checking.
- Do **not** rinse, spit, or use straws for 24 hours.
- Keep your head elevated while sleeping.
- Call the office if bleeding cannot be controlled or Dial 911 after office hours.

Swelling & Bruising

- Swelling peaks **24–36 hours** after surgery; some bruising is normal.
- **First 24 hours:** Ice pack 15 min on / 15 min off, over surgical area.
- **After 2 days:** Switch to warm compress 10–15 min, 2–3 times/day.
- Call the office if swelling worsens after 3–4 days or is accompanied by fever.

Pain Management

- Take pain medication **before numbness completely wears off**.
- If codeine is prescribed, take with milk/food.
- Do **not** drink alcohol while on pain medication.
- Mild weakness or chills for 1–2 days is normal.
- Over-the-counter options: acetaminophen or ibuprofen.
- Can alternate ibuprofen and acetaminophen every 2 hours if needed (**do not exceed 2400 mg ibuprofen/day**).

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Antibiotics

- Take **all doses** as prescribed.
- Do not skip or stop early, even if you feel better.
- Take with food to reduce stomach upset.

Surgical Dressing

- Dressing protects the surgical area from food/irritants.
- If it loosens or falls off, **do not worry**—healing continues normally.
- Do **not** attempt to replace it yourself.

Oral Hygiene

- Avoid brushing/flossing directly over the surgical area for **first 72 hours**.
- Continue normal hygiene in the rest of your mouth.
- **After 24 hours:** Gently rinse 4x/day with warm salt water ($\frac{1}{2}$ tsp salt in 4 oz water) or prescribed mouthwash.
- Use an extra soft-bristled toothbrush near surgical site after 4 days.

Eating & Drinking

- **First 1–2 meals:** liquids only (milkshakes, smoothies, lukewarm soup, protein drinks).
- Avoid hot drinks for the first few hours; lukewarm or cold is best.
- **Next 5–7 days:** soft foods (eggs, quiche, pancakes, pasta, meatloaf, baked fish/chicken, soft bread, ice cream).
- Drink 6–8 glasses of water on the day of surgery.
- Avoid chewing on the surgical side.
- Continue your usual vitamin supplements.

Smoking & Activity

- Do **not** smoke during healing; it slows recovery and increases complications.
- Avoid strenuous activity for **48 hours**.

When to Call the Office *Contact us immediately if you have:*

- Bleeding that won't stop.
- Swelling or bruising worsening after 3–4 days.
- Severe pain not relieved by medication.
- Fever, pus, or foul odor from surgical site.

Please call the office if you have any further questions or concerns