If you are having minor complications after surgery or have questions, please call the office during business hours:

**Office: (912) 355-2688**

**Office Manager Email: beth@savperio.com**

If you are having serious complications after surgery or problems with medications prescribed after your surgery, you are welcome to call or text Dr. Gustin on his cell phone. Leave a detailed message if there is no answer.

**Cell Phone: (912) 604-0441**

**Email: wgustin@savperio.com**

**Serious complications include:**

* Bleeding that will not stop after 15 minutes of firm pressure
* Severe pain that prevents you from sleeping or working
* Nausea/vomiting caused by the pain medications, antibiotics or other medications that were prescribed
* Allergic reactions to medications or products used in your surgery
* Painful swelling that is unusual in size
* Persistent fever, especially while on antibiotics

**Please only call or text Dr. Gustin’s cell phone for emergencies. To reschedule appointments, please make sure to call the office phone number.**

***If you are having life-threatening symptoms such as anaphylaxis, trouble breathing, severe swelling of the throat preventing breathing, etc. call 9-1-1 immediately.***

Crown Lengthening

Post-Operative

Instructions

***In order for the surgery site to heal properly, it is important to carefully follow these instructions. Once you’ve read through, please call or email the office if you still have questions. Contact information is listed on the reverse side.***

***During your surgery, a small amount of gum tissue and bone were removed to make the crown of the tooth longer. This is so your dentist can reach certain areas of the teeth, making them easier to repair. Dissolvable sutures are used. To prevent complications, please read and follow the instructions.***

Do:

* **Take all of your medications as prescribed**: Pain medication is generally prescribed to help keep you comfortable after surgery. If you have side effects such as nausea, vomiting, or hives, discontinue and call Dr. Gustin immediately. Do not drive or work while you are taking narcotics.
* **Ice your face**: 15 minutes on, 15 minutes off. This is most helpful in preventing painful swelling and bruising. You may use an ice pack, zip-lock bags with ice, or a frozen bag of peas. Make sure to have a protective layer between your skin and the ice, such as a washcloth or paper towel. Continue icing until the swelling resolves, which could be as long as 3-5 days.
* **Gently rinse with salt-water**: 1 teaspoon of salt in room-temperature water can be soothing to a sore surgery site. When rinsing, be careful not to swish vigorously as this may disturb the packing or cause bleeding. Do not use salt-water if you were prescribed Peridex Rinse.
* **Maintain a soft diet and chew away from the surgery site**: Eat only foods that are soft enough to cut with a fork and chew on the side opposite your surgery. Chew slowly and take small bites of food. Avoid hard and crunchy foods such as popcorn, or potato chips that could injure the surgery site.
* **Place firm pressure if the surgery site starts to bleed**: Most bleeding complications are caused by not icing or chewing over the surgery site. If this occurs, place firm pressure on the gum tissue on either side of the tooth/teeth that were worked on for approximately 10-15 minutes. If bleeding persists, call Dr. Gustin immediately.
* **Restrict physical activity:** Avoid strenuous activity for at least 24 hours after the surgery to reduce bleeding complications.
* **Rest**! You will heal faster and feel better if you allow yourself time to rest. When resting and sleeping, prop your head up slightly with pillows to decrease bleeding, bruising and swelling.
* **Resume gentle brushing of the surgical area as soon as tenderness allows, usually within 2-3 days.** Brushing will help dissolve the sutures. Healing will occur faster the cleaner the area is kept.

Don’t:

* **DON’T drink though a straw:** This could cause the site to bleed or dislodge the packing material.
* **DON’T cut or trim your sutures unless they are dangling:** As the sutures begin to dissolve, they will loosen. If sutures begin to unravel within the first several days, please notify the office or Dr. Gustin.
* **DON’T eat the following foods:** Citrus, spicy foods, alcohol, salt. As a general rule, don’t eat anything that you wouldn’t want to come into contact with a paper-cut on your finger!