

CROWN LENGTHENING POST-OP INSTRUCTIONS

Week 1: Use the prescription rinse for one week. Rinse to keep the area clean. You should brush and floss everywhere else. Take 600 mg ibuprofen every 6 hours as instructed for the first few days (unless your doctor says you cannot take ibuprofen). After the first few days, take as needed but if you are comfortable you do not need to take anymore.

Minimize cell phone usage as much as possible for at least 2 weeks. If needed, use headphones or the speaker function to keep the phone from your ear to reduce the EMFs transmitted to your jaw and head.

Week 2: If the area is comfortable to brushing, start brushing gently in the area. If it is still sore you may still use the prescription rinse instead. By the end of second week you should start brushing gently in the area.

Week 3: By now you should start brushing the area very thoroughly and you may start flossing. If you have a temporary crown slide floss through but don't "pop up" to help prevent the temporary from coming off. The area may bleed the first few times you brush and floss, keep brushing and flossing as you normally would, and the bleeding should stop. It is important to brush the area vigorously at this point since it is important to keep the tooth and gums healthy. Also, a good brushing routine keeps that unwanted tissue from growing back.

Check in with your doctor at 6-8 weeks after surgery. Typically, you can have your crown sometime shortly after your last checkup but if your doctor sees you need more time to heal, she will let you know at your appointment.