

## Gingivectomy – Post-Op Instructions

### Activity

- Rest for the remainder of the day.
- Avoid strenuous activity and exercise for 3 days.

### What You May Experience

- **Discomfort:** Mild soreness is normal; use OTC pain medication as advised.
- **Swelling:** Common, especially in the lower jaw. Apply ice 20 minutes on / 20 minutes off for 2–3 hours.
- **Bleeding:** Slight bleeding is normal for a few hours. If it continues, apply a damp tea bag with gentle pressure for 15–20 minutes. Repeat once if needed. Call the office if bleeding becomes heavy.

•

### Care Instructions

#### Oral Hygiene

- Brush normally in untreated areas.
- In operated areas, brush gently with a soft toothbrush.
- If a periodontal dressing is present, brush only the chewing surfaces.
- Avoid flossing in treated areas for 1 week.
- Rinse with warm salt water 3 times daily starting the day after surgery.
- Avoid Waterpik or irrigation devices for 1 month.
- Gently swab exposed areas with Peridex (Chlorhexidine) using a Q-tip (cotton tip applicator) at bedtime and in the morning.

#### Eating & Drinking

- Do not eat until numbness fully wears off.
- Choose soft, high-protein foods for 3–5 days (eggs, yogurt, pasta, cooked vegetables, cereals).
- Avoid spicy, salty, acidic, very hot/cold, crunchy, or fibrous foods.
- No smoking, straws, carbonated drinks, or alcohol for 72 hours.

#### Removable Appliances

- Minimize wearing any appliance that rests on the surgical area to avoid pressure and irritation.