

**REGENERATION / OPEN FLAP DEBRIDEMENT/ POCKET REDUCTION /
CROWN LENGTHENING AFTERCARE**

Day 1 of the procedure: Physical activity (running, biking, weightlifting or anything that increases the heart rate) should be avoided since it will increase blood flow to the site and promote post operative bleeding. Limit exertion/exercise/ contact sports for 2 weeks post procedure.

Periodontal Dressing: Periodontal dressing is sometimes used after procedures to cover the area. The dressing will become firm after 1 hour and should not be disturbed when setting. It may remain in place until your next appointment when it will be removed. Small pieces or the entire dressing may come off beforehand, but this isn't a concern for healing.

Pain: You may have moderate discomfort after the freezing wears off. This may last for a day or two.

**** DO NOT USE aspirin or aspirin compounds, as they interfere with blood clotting and can result in bleeding problems, unless previously prescribed by your doctor and discussed with us first.**

Swelling: Swelling is often present during the first 4 days following the procedure. To help reduce this, icepacks may be applied to the outside of the face in the area for 10 minutes on (and 10 minutes off) as needed. This can be continued 3 to 4 times per day during the first couple of days. If swelling continues it may be an indication of continued bleeding or infection at the site. Please call us if this is the case.

Bleeding: Do not be concerned if traces of blood are noted during the first 3 to 4 days after the procedure. If you have any concerns regarding bleeding call Dr. Johnston.

Cleaning of the area: Meticulous cleaning (Brushing/Flossing Sulcabrush) in all areas of the mouth **except** the area of the procedure. A prescription rinse (Chlorhexidine) will be used to help keep the surgical site clean since we **do not** want you to brush or floss the area. Gently rinse 2 times a day for 30 seconds, with a tablespoon of the Chlorhexidine rinse. Do not rinse with water or eat after using the rinse for at least ½ hour.

Nutrition: Chew on the opposite side of the mouth. Maintain your normal diet after the procedure as much as possible. Try to avoid warm foods and drinks for the first 12 hours. Avoid foods with small bits such as popcorn/grains, also avoid acidic or spicy foods. Do not use a straw to drink fluids. **Do not drink alcoholic beverages for 2 weeks following the procedure.**

Smoking: Do not smoke (tobacco or marijuana) or vape for at least 3 weeks following the procedure. Smoking/vaping impairs the healing and success of the treatment.