

## **GINGIVAL ESTHETIC RECONTOURING - PATIENT INFORMATION**

You have just had a cosmetic oral surgery procedure. It involved cutting some of the soft tissue in your mouth and either removing, or repositioning it. It is important that you know how to best take care of this area for fast, healthy healing.

### **MEDICATION**

1) Dr. Paliani has prescribed \_\_\_\_\_

Take \_\_\_\_\_ tablet(s) IMMEDIATELY

Take \_\_\_\_\_ tablet(s) every \_\_\_\_\_ HOUR(S) for \_\_\_\_\_ DAY(S)

Take \_\_\_\_\_ tablet(s) every \_\_\_\_\_ HOUR(S) THEREAFTER ONLY  
AS NEEDED FOR PAIN RELIEF.

2) Dr. Paliani has prescribed \_\_\_\_\_  
to prevent infection. Take \_\_\_\_\_ tablet(s)/capsule(s) every  
\_\_\_\_\_ hour(s) until completed.

Please take medication as prescribed. **DO NOT ALTER, INCREASE OR COMBINE DRUGS UNLESS TOLD TO DO SO. DO NOT CONSUME ALCOHOLIC BEVERAGES WHILE ON MEDICATION.** Some medication must be taken with food or milk.

**RINSING MAY BEGIN WITHIN 3-4 HOURS.** You may then rinse your mouth with salt water (8 oz. warm water with 1 tsp. salt), concentrating the rinse in the affected area for 30-60 seconds, 3-4 times a day.

You will find a brown "halo" forming at the gumline. Wipe this off with a rubber tip two to three (2-3) times/day for three (3) days.

**DO NOT USE ANY MOUTHWASHES CONTAINING ALCOHOL.** You should also avoid alcoholic beverage consumption while on medication. **DO NOT SMOKE FOR A MINIMUM OF 72 HOURS AFTER SURGERY.**

**YOU MAY NOT BRUSH THE AFFECTED AREA FOR 48 HOURS.** After this time, use a soft toothbrush warmed in hot water with gentle motions.

### **WHAT TO EXPECT:**

**SENSITIVITY:** The teeth and/or gums around the teeth will be sensitive. This is normal for the first twenty-four to forty-eight (24-48) hours. It will subside with time.

**BLEEDING:** Do not worry about bleeding at the gumline while cleaning the gums. This is expected for a few days following the procedure.

**SWELLING:** Swelling and tenderness are common. Use extra care when cleaning in this area and try to avoid excess pressure that will cause pain.

We look forward to seeing you in one week for a follow-up appointment to check your healing. You will notice an immediate improvement in the contour of your gums and the new shape of your lengthened teeth.