

Gingivectomy (Gum Tissue Removal)

- **Bleeding Control:** If you notice slight oozing, bite down firmly on a piece of moist, folded gauze for 20 minutes. If that doesn't work, a moist tea bag can help due to the tannic acid.
- **Swelling:** Use an ice pack on the outside of your face (20 minutes on, 20 minutes off) for the first 24 hours.
- **Hygiene:** If your dentist provided a prescription mouth rinse (like Chlorhexidine), use it as directed. Otherwise, perform gentle salt-water rinses (1/2 teaspoon salt in approx. 250ml warm water) starting 48 hours after surgery.
- **Avoidance:** Do not pull your lip or cheek to "check" on the site. Leave the area alone to allow the clot to stabilise.

General Recovery (For All Procedures)

- **Pain Management:** Take over-the-counter pain relievers (like Ibuprofen or Paracetamol) as directed, ideally *before* the anesthetic wears off to "stay ahead" of the discomfort.
- **Diet:** For the first 24–48 hours, stick to **cool, soft, or room-temperature foods** (e.g., yogurt, smoothies, mashed potatoes, applesauce). Avoid anything hot, spicy, crunchy, or acidic.
- **Activity:** Rest for the remainder of the day. Avoid strenuous exercise or heavy lifting for 2–3 days.
- **Avoid Suction: Do not use a straw** or engage in vigorous spitting for at least 48 hours, as the suction can dislodge the blood clot and delay healing.
- **Oral Hygiene:** Keep your mouth clean to prevent infection. You can usually brush your teeth the following day, but be very gentle and avoid the surgical site. Avoid using electric toothbrushes or water flossers near the area for about 4 weeks.

When to Call Your Dentist

Contact your office immediately if you experience:

- **Excessive bleeding** that does not stop after applying firm pressure for 30 minutes.
- **Fever** (over 101°F/38.3°C) or signs of infection (pus, foul-tasting discharge).
- **Severe pain** that is not relieved by your prescribed or recommended medication.
- **Increasing swelling** after the first 72 hours.