

OLDE OAKVILLE DENTAL
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Routine Post-Surgical Instructions
Crown Extension Surgery and Minor Oral Surgery

We recommend avoiding strenuous exercise or heavy lifting for 72 hours.

1. Do not brush the treated site for the first 7 days. Eat on the untreated side of your mouth. Avoid drinking through a straw.
2. Instead of brushing, use the chlorhexidine rinse twice daily (Peridex). After 7 days, brush the site lightly with a super soft tooth brush and dab with a little Peridex. Any staining of your teeth will be temporary.
3. Additional rinsing with warm salt water 4 to 5 times a day is recommended
4. Use ice in a towel or ice pack on the outside of your face to minimize swelling. Use for 5-10 minutes on, then 5-10 minutes off, for as much as possible over the first 24 hours. (commercial pack or towel with ice cubes)
5. After 24 hours moist heat may be used if desired to help speed up the reduction of the swelling. A moist hot towel or hot water bottle works well. If swelling persists or is increasing, call the office. Light bleeding or oozing is normal during the first 1-2 days.

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