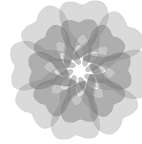


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Preserve Your Teeth  
DENTISTRY

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## POST TREATMENT INSTRUCTIONS AFTER CROWN LENGTHENING

1. Continue antibiotics as per instruction if prescribed by doctor.
2. No rinsing on the day of treatment. On the second day, rinsing is fine, if there is no bleeding. As an alternate to Peridex warm salt water (1 teaspoon to 6-8oz. of water) may be used as a rinse. Rubber tip stimulation should wait at least 1 week.
3. If the hard packing or dressing comes off and the area is tender to touch you should clean the area with Chlorhexidine/Peridex and Q-tips or microbrushes, saltwater or the other mouthwash of your choice. Mouthwash may require dilution.
4. Minimize smoking and coffee consumption.
5. Keep up your consumption of protein rich foods such as fish, chicken, hamburger. Keep up consumption up of vitamin B rich greens and of juices and fruits rich in vitamin C. Avoid steaks, chops, corn on the cob, hard rolls etc. for the first week.
6. Try to drink two quarts of liquid, juice, water each day.
7. Try to minimize heavy alcohol consumption- ideally below 1 oz. a day including wine, best none at all. No alcohol of any kind like wine or rum sauces, wine vinegar when taking Metronidazole, Tylenol 3 or Vicodin.
8. If there has been an expressed concern about your root surface decay tendency please consider the following root surface hardening fluoride treatments: PREVIDENT/FLUORIDEX (toothpaste by prescription) ACT (mouthwash) by Johnson & Johnson, FLUORIGARD (mouthwash) by Colgate or GC MI paste as *non*-fluoride option. Please also ask for a fluoride treatment when having your recall maintenance treatment.

If there are any questions do not hesitate to call.

Thank you for entrusting us with your care.