

# Periodontal Associates

OF MEMPHIS

Periodontal, Laser and Dental Implant Therapy

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## POST- ESTHETIC CROWN LENGTHENING, SOFT TISSUE GRAFT, RIDGE AUGMENTATION, FRENECTOMY, WILCKODONTICS OR ORTHODONTIC UNCOVERY INSTRUCTIONS

Please read the General Pre & Post Appointment Instructions. These are additional notes following the above procedures.

**If you had a bone or soft tissue graft, note the two major reasons for graft failure are:**

- 1) Smoking during the healing phase
- 2) Inadvertently pulling on the lip, touching the area with the tongue and/ or hitting the graft with a toothbrush before it has had a chance to attach to the root.

Following Esthetic crown lengthening you may notice spacing between your teeth after surgery. These spaces should fill in with gum tissue as you heal.

Please comply with the following:

- 1) Do not pull on your lips to look at the treated area. This could dislodge sutures and decrease the success of your treatment especially if you have had a hard or soft tissue graft.
- 2) Do not bite into any foods. This could damage the healing gum tissue. Please cut food into small pieces. (See food instructions under general instructions.)
- 3) After 5 days, you may gently clean your teeth with a Q-tip. Do not clean the gum area or you could cause the graft to fail. Clean the rest of your mouth as normal.
- 4) Do not exercise vigorously until you come back for your post-op appointment or told otherwise.
- 5) Refrain from kissing and playing a mouth musical instrument until your post-op appointment.
- 6) Do not wear a removable appliance (**partial, denture, nightguard, or retainer**) without having the doctor adjust or relin it. Doing so could cause your graft to fail.
- 7) If wearing a removable appliance, do not remove it for 24 hours. After 24 hours, remove the appliance and rinse gently. Replace the appliance immediately. Continue this daily until completion of treatment. This prevents swelling of the tissue. If tissue swelling occurs with the appliance out of the mouth, you may not be able to wear the appliance for several days. Do not use denture adhesive unless approved by your doctor. Only place adhesive in approved areas otherwise you risk infection and complications.
- 8) If you have had a bone or soft tissue graft, your sutures will probably be removed at your 2nd follow up appointment.

(Last updated 5/11/17)

**Read, Sign, and Send all consent forms at least 3 to 5 days before surgery.**  
Fax: 1.901.761.3775



**Active Member**  
American Academy of Periodontology  
Specialist in Periodontics

