



## **PRE-OPERATIVE INFORMATION: CLINICAL CROWN LENGTHENING**

### **What is Clinical Crown Lengthening?**

It is a dentist requested surgery where we expose a small amount of healthy tooth structure so your dentist can provide you with a predictable restoration.

### **How do we do it?**

The surgery is done painlessly with local anesthetic. Deep sedation is available for complete patient comfort. We surgically reduce the level of bone and tissue around the area to expose more tooth structure. We suture the site with resorbable sutures and allow the area to heal on its own. The surgery takes about 1 hour.

### **What happens after surgery?**

A soft diet is recommended and you will be prescribed suitable pain medication. You will be seen 10 days after the surgery to check healing and to be given oral hygiene instruction. You will then be seen 3-4 weeks from the surgical date to ensure the site has healed well and the dentist can proceed with your final restoration approximately six weeks after the date of surgery.

There is more information about this procedure on our website at [www.drcaudry.ca](http://www.drcaudry.ca)



## **POST-OPERATIVE INSTRUCTIONS: CLINICAL CROWN LENGTHENING**

**Discomfort:** Ibuprophen (600mg) every 4-6 hours and extra strength Tylenol are usually sufficient.

**Swelling:** To avoid swelling, use a cold pack on the side of the face 20 minutes on and 20 minutes off for at least the first 12 hours following surgery. Swelling peaks at 72 hours and you should ice as much as possible during this timeframe.

**Bleeding:** It is not unusual to have some slight bleeding. If the site continues to bleed, try to relax and gently rinse your mouth with ice-cold water. You may bite on a piece of gauze or a moistened teabag sustaining constant pressure for twenty minutes. Bleeding can be avoided by keeping your head elevated during the first evening, discontinuing your usual exercise regime for 1-2 days, restricting yourself to a soft diet and by not smoking, which also delays healing and irritates tissues.

**Oral Hygiene:** After surgery, it is important to keep your teeth and mouth as clean as possible. The prescribed antibacterial rinse is to be used twice a day for 4 days and then only applied locally with a Q-tip. Additionally, warm salt-water rinses (1/2 tsp in warm water) can be used several times a day. During the first week, the non-treated areas should be brushed normally.

**Post-operative appointments:** You will be seen 10 days after the surgery for suture removal (if any are remaining) and oral hygiene instruction. A soft toothbrush can then be used to clean the teeth in the surgical site(s). Within two weeks following the surgery you should begin to resume your usual oral hygiene regime.

Following a clinical crown lengthening procedure, the teeth may be sensitive to heat and cold. This is normal and will gradually subside over time. At a second post-operative appointment, 3-4 weeks after the surgery, healing will be monitored. If satisfactory, you will make an appointment with your dentist for the crown preparation six weeks from the time of surgery.

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