

### **Post-Surgical Care for Gingivectomy**

**Bleeding:** DO NOT spit, gargle or swish for the next 24 hours, as this will cause more bleeding. Drink plenty of cool liquids and avoid anything hot during this time frame.

**Food:** Avoid chewing until numbness has worn off. Avoid salty, spicy, carbonated and citrus-type food or drinks for the next few days. DO NOT eat anything crunchy or seedy (i.e. nuts, seeds, chips or popcorn) that may be uncomfortable. Avoid alcoholic beverages for the next 24 hours as alcohol can cause increased bleeding or swelling.

**Brushing:** DO NOT brush or floss surgical area for the next 24 hours.

If any concerns or questions should arise, please call our office at:  
(425) 392-8992

If there is a life-threatening emergency, please call 911.

#### **SURGICAL APPOINTMENT POLICY:**

Please give 3 working days notice for all surgery appointment cancellations. In the event of inadequate notice, there will be a charge of 50% of the surgery fee. Our working days are Tuesday through Friday.