Bella Family Dental
(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Gum procedures: gingivectomy, frenectomy, gum grafting, crown lengthening and gum lifts

Covers: Gingivectomy, frenectomy, gum grafting, crown lengthening and gum lifts.

Before your visit

- You may eat a light meal before your appointment. It helps, since you may not want to eat while numb.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- If a physician has told you to take antibiotics before dental visits (for example, for certain heart conditions or joint replacements), take them exactly as prescribed.
- If you are having oral sedation, follow our sedation instructions, including having a responsible adult drive you.
- Plan to take it easy for the rest of the day.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Numbness

- Numbness usually wears off within a few hours. Until it does, avoid chewing and hot drinks so you don't bite your cheek, lip or tongue or burn yourself.

Bleeding

- Slight oozing for the first day is normal. If bleeding continues, press a clean, damp gauze firmly on the area for 20 to 30 minutes.
- Keep your head raised with an extra pillow the first night.

Swelling and comfort

- Hold a cold pack on the outside of your face, 20 minutes on and 20 minutes off, during the first day.
- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.

Protect the area

- If a gum dressing or stitches were placed, leave them alone. Stitches may dissolve or be removed at your follow-up.
- Don't pull your lip back to look at the area.

After a gum graft

- Do not brush or floss the graft area, and do not use an electric toothbrush or water flosser on that site, until your dentist says it is OK.
- Swelling can increase for about three days and then should improve. Use a cold pack on the face, 10 minutes on and 10 minutes off, while you are awake for the first 24 hours.

- Stay with cold liquids the first day (yogurt, smoothies or a protein drink, without a straw). A white film on the area can be normal.
- After a graft, do not take aspirin, ibuprofen or naproxen unless your dentist or physician tells you to. Use acetaminophen as directed instead.

After a labial (lip) frenectomy

- Start the stretches your dentist showed you the evening of surgery. Wash your hands first. Do them as often as you were shown, usually for several weeks, so the tissue does not reattach.
- For a child's frenectomy, do any stretches or exercises exactly as your dentist showed you.

Eating

- Choose soft, cool foods for the first few days. Avoid hard, crunchy, spicy or very hot foods and chew away from the area.

Cleaning your mouth

- Brush and floss the rest of your mouth as usual.
- Use any prescribed rinse as directed. Otherwise, rinse gently with warm salt water starting the next day.
- Avoid smoking and vaping while you heal. Tobacco slows healing.

When to call us

Call us at (972) 290-0903 if you have:

- Bleeding that does not slow after 30 minutes of firm pressure
- Swelling that gets worse after the third day, fever, or pus
- A dressing or graft that comes loose
- Pain that gets worse instead of better

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.