



## Physical Therapy Instructions After Pocket Reduction or Crown Lengthening Surgery

Now that your stitches have been removed, it is very important to keep the surgically treated area(s) clean. As with any wound, cleanliness promotes rapid healing. Your surgical site(s) is likely to be tender and may bleed when you begin brushing and flossing; this is normal, please do not be alarmed. Just do what you can, but keep at it! Within a week, the bleeding will be gone. It takes a little longer for the gum soreness to disappear. Remember, the healing will not be complete for 4 to 8 weeks, but your hard work will help you to heal closer to four weeks. That's physical therapy working!

Your teeth may be very sensitive to cold liquids. This is a very common, usually temporary side effect of the surgery. If this does not improve within one month, we will be happy to apply desensitizers to speed up the process.

Listed below are instructions on how to use the various cleaning tools. If you have any questions regarding this or any other concerns please do not hesitate to call.

**Proxabrush ("Christmas tree brush"):** This brush should be used at least once a day to clean between each tooth. Starting from the "tongue" side, gently maneuver the tip through to the "cheek" side between the teeth. When you are finished, do the same thing beginning from the cheek side. Please note this brush will most likely only fit where surgical treatment has been provided. Do not attempt to use this brush where little room exists to fit between the teeth. Again, please do not be concerned if you see slight bleeding or feel moderate tenderness when using the proxybrush. If you notice any abnormal bleeding, excessive swelling or pain please call the office immediately (916) 446-9100 for advice.

**Rubber Tip:** This tool is used to flatten and to rebuild the gum tissue between the teeth. You are really going to have to trust us on this one! Let's try to explain. Place the tip as far as possible between adjacent teeth, then apply gentle, constant pressure in the direction of the root tips for 15-30 seconds. Remember, this must be done from both the tongue and cheek sides in the surgically treated area at least two times a day. Even though this may seem to make the "holes" between the teeth bigger, it actually helps the points of tissue (called papillae) to rebuild; the spaces will eventually fill-in between the teeth.

This is truly the "no pain, no gain" part of periodontal care. If all has gone well, the first week was easy. We are confident that your hard work between week 2 and week 6 will result in an excellent result. We wish you a lifetime of dental health.

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