



MODRI ZOB

POST-OPERATIVE INSTRUCTIONS FOR GUM RECESSION COVERAGE

You have received professional care at our Modri zob clinic, Ukmarjeva St. 6, 1000 Ljubljana. To ensure a quick and painless recovery, please read and follow the post-operative care instructions below.

Numbness from the local anesthetic may last 2-3 hours after the procedure. Once the anesthetic wears off, you may experience pain. In this case, you can take a **pain reliever** that does not contain acetylsalicylic acid. If these medications are insufficient, please call us or visit our clinic immediately. Continue taking your regular medications as prescribed by your doctor or as advised before the procedure.

For the first 3 weeks after the procedure: Use a mouthwash containing 0.2% chlorhexidine three times a day, starting the day after the procedure. Hold the mouthwash on the operated area for 1 minute without rinsing! Do not brush the teeth in the operated area.

From the 4th to the 7th week after the procedure: Use an ultra-soft toothbrush, brushing from the red (gum) to the white (tooth) without toothpaste. Use a 0.12% chlorhexidine mouthwash in the morning and evening.

From the 7th week after the procedure onwards: You can start using a soft toothbrush and super floss. Continue rinsing with a 0.12% chlorhexidine mouthwash once daily for 1 minute for an additional 4 weeks.

Only start using a medium-bristle toothbrush a few months after the procedure, once we confirm increased keratinized gum width and/or tissue thickening during a check-up.

For at least 4-5 hours after the procedure, apply **cold compresses** to the cheek over the operated area to reduce swelling and pain and prevent possible bleeding. Place the compress over a cloth on your cheek for 10 minutes with 15-minute breaks. Do not apply any medications or dressings directly to the wound. Do not poke at the wound or remove the stitches yourself.

Eat cold, semi-liquid food on the day of the procedure. Continue with semi-liquid food on the second day, and then eat soft food for the next two weeks. Avoid local trauma: **avoid sports and physical activities for 14 days** after the procedure. **Do not consume alcoholic beverages or smoke for 14 days** after the procedure.

Contact your surgeon immediately if:

- You have a fever above 37°C (98.6°F),
- You experience severe, throbbing pain in the wound area,
- You have bleeding from the wound,
- You encounter any serious issues.

The success rate of gum recession coverage is approximately 90-95%, especially when standard techniques are used, and the patient follows post-operative care instructions. The aesthetic results are typically good, with greater root coverage and improved gum appearance. The procedure can significantly reduce tooth sensitivity often associated with gum recession.

Factors such as **diabetes, immune system disorders, and other health issues** can affect the healing process and the procedure's success. Proper oral hygiene before and after the procedure is crucial for preventing infections and ensuring successful healing. **Regular brushing, flossing, and professional dental cleanings** help maintain healthy gums.

Smoking can negatively impact tissue healing and reduce the procedure's success. It is advisable for patients to quit smoking before and after surgery.

We wish you a good and speedy recovery!

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