

Britegums[®] Post-operative Instructions

What to Expect

- **DO NOT** look at the gums. **DO NOT** lift your lips and pull on the gums and lips to view them.
- Your gums will look like white mashed potatoes on the surface. Do not wipe this tissue off, this is your skin growing. **DO NOT** touch the gums!

Oral Hygiene

- After Britegums[®], resume brushing the day of the procedure. Keep your teeth clean and healthy during the healing process! While brushing during the first three weeks, do not brush the gums or irritate the gums. Brush away from the gumline to protect your Britegums[®] smile.
- Begin flossing 1 week after the procedure.
- After three weeks, begin brushing normally. Brushing up to the gumline will help to improve the healing process and encourage maturation of the gum tissue.

Discomfort & Diet

- For discomfort, you may take acetaminophen (Tylenol) or ibuprofen (Advil) as needed for the first 48 hours. If you have pain beyond the first 48 hours, please call our office.
- For diet, stay away from irritants for the first week - spicy foods, hot foods & citrus fruits. Cooler foods will be soothing to your gums such as milkshakes, applesauce, smoothies, etc. If you have discomfort, choose softer foods for the first 48 hours like mashed potatoes, pudding, jell-o, etc.

If you have any problems, please call our office as soon as possible.

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