

Gum Lift Aftercare Instructions

Thank you for choosing a Gum Lift to improve the appearance of your smile. This procedure reshapes the gum line, often using laser or surgical techniques, to create a more balanced look. Proper aftercare will help you heal quickly, avoid complications, and achieve the best results.

IMMEDIATELY AFTER TREATMENT

Numbness & Sensation: Your mouth may remain numb for a few hours after the procedure. Avoid chewing or eating until the numbness wears off to prevent biting your cheek, lip, or tongue. **Mild Discomfort & Swelling:** It is normal to experience mild swelling, tenderness, or slight bleeding for the first 24-48 hours. Use a cold compress on the outside of your cheek for 10-15 minutes at a time to help reduce swelling.

FOR THE FIRST WEEK

Oral Hygiene: Brush your teeth gently using a soft-bristled toothbrush, avoiding direct contact with the treated gums for the first few days. Rinse your mouth with a mild, alcohol-free mouthwash or warm saltwater after meals to keep the area clean. **Diet:** Stick to soft foods for the first 2-3 days (soups, yoghurt, mashed vegetables, scrambled eggs). Avoid spicy, acidic, crunchy, or very hot foods and drinks, as these can irritate healing gums. **Pain Relief:** Take over-the-counter pain medication as directed by your dentist if needed.

FOR THE FIRST MONTH

Avoid Smoking & Alcohol: These can delay healing and increase the risk of infection. **Gentle Cleaning:** Continue brushing and flossing carefully, following your dentist's advice. Avoid vigorous rinsing or poking at the gums. **Healing Changes:** Gums may appear red or slightly uneven at first but should improve as they heal. Some minor sensitivity to hot and cold foods or drinks is normal and should settle within weeks.

WHEN TO CONTACT US

Call your dentist immediately if you experience: Severe pain that does not improve with medication, Heavy or persistent bleeding, Signs of infection (swelling, pus, fever, or foul taste), Unexpected changes in gum appearance.

LONG-TERM CARE

Maintain regular dental check-ups and professional cleanings. Practise good oral hygiene to protect your results and overall gum health. Avoid habits that may damage gums, such as biting nails or using teeth to open packaging.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

Yes, I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout