

Post-Operative Instructions for Circumferential Fiber Resection

A circumferential fiber resection is a minor periodontal procedure to help keep teeth in proper alignment following orthodontic movement.

1. Within the first day of the procedure, chew solid foods with the back teeth while being careful not to bite with the front teeth.
2. Discomfort can normally be controlled with Ibuprofen or Tylenol. Please call if pain persists. Sucking on chipped ice will also help relieve any soreness.
3. Bleeding may occur for a few hours following the procedure. Please call if you experience persistent bleeding.

Take Ibuprofen as Follows:

- 400 mg as needed for discomfort, not to exceed four doses per day.
- 400 mg four times a day for two days, then as need for discomfort. Take prescribed pain medication as needed and directed.
- 400 mg four times a day for four days, then as needed for discomfort. Take prescribed pain medication as needed and directed.

Last given: _____

Please call if you have any questions and concerns:

Office: 260-471-1222 or 800- 572-2655, **Dr. Lee:** (C) 260-494-7496