

## POST- TREATMENT INSTRUCTIONS

**These are general post treatment instructions for the following procedures. If you are having symptoms that are not covered here or have a dental emergency, please contact the office directly.**

### ROOT CANAL THERAPY

It is best to refrain from eating for at least 2 hours or until the anesthesia has worn off to prevent possibly injury to your soft tissue. This will also allow the temporary restorative material to harden. You will most likely feel soreness in the area as well as pressure when you bite down. For this reason, you should avoid hard and chewy foods. Do not eat on the treated side of your mouth for at least 24 hours. The soreness should decrease within a week.

If antibiotics were prescribed, take all of them as directed as this will eliminate any remaining infection in the tooth.

If you notice any of the following symptoms please contact the office:

- Increasing tenderness or swelling in the area surrounding the tooth
- A reaction to the medication
- Loss of the temporary filling material
- Tooth fracture

### CROWNS AND BRIDGES

It is best to refrain from eating for at least 2 hours or until the anesthesia has worn off to prevent possibly injury to your soft tissue.

***Temporary:*** Please be careful when cleaning around the temporary restoration. Do not pull up on the temporary when flossing this area. Make sure to brush this area gently and do not eat any hard and chewy foods on the restoration. **If your temporary comes off between appointments, please call the office so that we can re-cement it.**

***Sensitivity:*** Sensitivity to hot and cold is to be expected following treatment. For the first few days, try to avoid extremely hot or cold foods and beverages. It is normal to have discomfort in the gums around the tooth after the anesthesia wears off. If you feel discomfort in the gum tissue, rinse the area with warm salt water several times a day for 2-3 days. You can also take over-the-counter medication such as Advil or Tylenol if needed.

***Permanent Crown/Bridge:*** When the final restoration is placed, your bite may feel a

little different. This is just your mouth adjusting to the new addition. If it still feels off in a few days, please call the office for a slight adjustment.

**Home Care:** It is important to resume regular brushing and flossing immediately. A consistent daily home care routine will increase the longevity of the restoration.

## **WHITE FILLINGS (BONDING)**

It is best to refrain from eating for at least 2 hours or until the anesthesia has worn off to prevent possibly injury to your soft tissue.

**Sensitivity:** Sensitivity to hot and cold is to be expected following treatment. For the first few days, try to avoid extremely hot or cold foods and beverages. It is normal to have discomfort in the gums around the tooth after the anesthesia wears off. If you feel discomfort in the gum tissue, rinse the area with warm salt water several times a day for 2-3 days. You can also take over-the-counter medication such as Advil or Tylenol if needed.

**Home Care:** It is important to resume regular brushing and flossing immediately. A consistent daily home care routine will increase the longevity of the restoration.

## **SCALING AND ROOT PLANING**

After scaling or root planning, it is best to rinse your mouth 2-3 times per day with warm salt water using one teaspoon salt in 8 oz. water. You should start home care immediately, although you should be extremely gentle with the treated areas. If you feel discomfort in the gum tissue where you had treatment, an Advil or Tylenol may be taken to relieve this feeling. The treated areas will probably be sensitive to hot and cold.

It is best to refrain from eating any hard and chewy foods for the next 48-72 hours while the treated area begins to heal. You may also experience some swelling or jaw stiffness. If this does occur, you can place a cold compress on the swelling or a hot towel on the stiffness. Smoking should be terminated for a period of 48-72 hours following these procedures. Please contact the office if the pain or swelling persists.

## **PORCELAIN VENEERS (LAMINATES)**

It is best to refrain from eating for at least 2 hours or until the anesthesia has worn off to prevent possibly injury to your soft tissue.

**Temporary:** Please be careful when cleaning around the temporary restorations. Do not pull up on the temporary when flossing this area. Make sure to brush this area gently and not to eat any hard and chewy foods on the restoration. **If your temporary comes off between appointments, please call the office so that we can re-cement it for you.**

**Sensitivity:** Sensitivity to hot and cold is to be expected following treatment. For the first few days, try to avoid extremely hot or cold foods and beverages. It is normal to have discomfort in the gums around the tooth after the anesthesia wears off. If you feel discomfort in the gum tissue, rinse the area with warm salt water several times a day for 2-3 days. You can also take over-the-counter medication such as Advil or Tylenol if needed.

**Permanent Veneers:** When the final restoration is placed, your bite may feel a little different. This is just your mouth adjusting to the new addition. If it still feels off in a few days, please call the office for a slight adjustment.

**Home Care:** It is important to resume regular brushing and flossing immediately. It is very important to thoroughly clean the area between the veneer and the tooth at the gumline. A consistent daily home care routine will increase the longevity of the restoration.

## POST-SURGICAL INSTRUCTIONS

In order to obtain the desired result from therapy and minimize swelling and discomfort, please follow these instructions:

- As the anesthesia wears off, you may have some discomfort. If pain medication is prescribed, please take it as directed. **DO NOT** substitute aspirin or other medications. If the medication makes you feel ill, please contact the office.
- Swelling and bruising may occur during the first or second day. To minimize swelling and pain, apply ice to your face in the area of surgery for 20 minutes on followed by 20 minutes off. This should be done for the rest of the day. Ice or ice chips in the mouth will also help minimize swelling and discomfort. If swelling begins after three or four days, please contact the office.
- **DO NOT** rinse, spit, smoke, or use a straw for 24 hours. A small amount of blood in your saliva is normal during the first day. Excessive bleeding is not normal. If excessive bleeding occurs: 1. stop rinsing, 2. sit up in a chair (do not lie down), 3. place a moistened gauze or a moist tea bag to the area for 30 minutes, 4. if bleeding continues, contact the office.
- Clean the teeth that were **NOT** involved in surgery, as well as you can, according to how you have been taught. If prescribed, use Peridex as directed.
- For two weeks, you should eat a soft diet. You may choose soups, milkshakes, pureed fruits and vegetables, eggs, Jello, cottage cheese, liquid food substitutes such as Ensure, etc. Avoid spicy, acidic, hot, crunchy foods. Do **NOT** eat nuts, shell food, popcorn, or anything with seeds, such as tomatoes, strawberries, etc.

- If an antibiotic has been prescribed, is absolutely essential to take **ALL** the pills as directed on the prescription label. Take them one hour before or one hour after meals. Do not take them with milk or dairy products. Avoid extended sun exposure while taking antibiotics. Antibiotics can affect the effectiveness of oral contraceptives. If an allergic reaction (itching, rash, or hives) develops, stop the medication and contact the office immediately.
- If a dressing was placed, its purpose is to act as a bandage. Occasionally part or all of the dressing may fall off. If small pieces come off, don't worry. If the dressing becomes loose or more than ½ comes off, please contact the office. It may be removed and/or replaced at the next appointment. If you have a removable denture placed over the dressing, leave it in until your next appointment.
- **DO** relax after the surgery with your head elevated and ice on the surgical site. **DO NOT** do the following: Any form of exercise, smoke, or drink alcohol the day of surgery. Depending on the procedure, exercise may be resumed 3-4 days after surgery. If you participate in any activity where contact to the face is likely (martial arts, football, etc.), you may resume two weeks after surgery.
- Additional information for sinus augmentation patients:
  - For one week, **DO NOT** bend over or lift anything over 5 lbs.
  - **DO NOT** blow your nose for 2 weeks; you may do so *lightly* during the next 2 weeks
  - If you have to sneeze or cough, do so with an open mouth and **DO NOT** try to stifle it.
  - Avoid severe elevation changes (airplane travel, scuba diving, etc.) for six to eight weeks.
  - Nose bleeds sometimes occur after this procedure. Typically, it stops on its own within several hours. If it does not or is excessive, please contact me.