

Post Op Instructions

Extraction:

After an extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That is why we ask you to bite on a gauze pad for 30 to 45 minutes after the extraction. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad and bite down firmly for another 30 minutes. You may have to do this several times. After the blood clot forms, it is important to protect the extraction site, especially for the next 24 hours.

DO NOT DO ANY OF THE FOLLOWING:

- Smoke
- Suck through a straw
- Spit
- Rinse your mouth vigorously
- Clean the teeth next to the extraction site

The above activities will dislodge the clot and slow down the healing. Limit yourself to calm activities for the first 24 to 48 hours. This will keep your blood pressure lower, reduce bleeding, and help the healing process.

After the tooth is extracted you may feel some pain and have some swelling. You can use an ice pack to keep this to a minimum. The swelling usually starts to go down after 48 hours. Use pain medication only as directed. Call the office if it doesn't seem to be working. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. Drink lots of fluids and eat only soft nutritious foods on the day of the extraction. Don't use alcoholic beverages and avoid hot and spicy foods. You can begin eating normally the next day or as soon as it is comfortable.

Gently rinse your mouth with salt water three times a day beginning the day after the extraction (a tsp of salt in a cup of warm water, rinse-swish-spit). Also, rinse gently after meals, it helps keep food out of the extraction site. It is very important to resume your normal dental routine after 24 hours, this should include brushing your teeth and tongue and flossing at least once a day. This speeds healing and helps keep your breath and mouth fresh.

Call us right away if you have heavy bleeding, severe pain, continued swelling after two or days, or a reaction to the medication. After a few days, you should be feeling fine and can resume your normal activities.

Crown and Bridges:

Crowns and Bridges usually take two or three appointments to complete. On the First appointment the teeth are prepared. Temporary crowns or bridges are placed to protect the teeth while the custom restoration is being made. After each appointment when anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid chewing until the numbness has completely worn off.

On rare occasions temporary crowns can come off. Call our office if this should happen to you and keep your temporary so we can re-cement it. It is very important for the proper fit of your final restoration that temporaries stay in place. To keep your temporary in place,

avoid eating sticky foods, especially gum, hard food, and if possible only chew on the opposite side of your mouth. It's important to continue to brush normally, but avoid flossing around your temporary as it may dislodge.

If the temporary is rough and making the tongue sensitive, please call our office to let us know. We will smooth it until you are comfortable.

It is normal to experience hot, cold, or pressure sensitivity after each appointment. Your gums may be sore for several days. You can rinse three times a day with warm salt water (a teaspoon of salt in a cup of warm water, rinse-swish-spit) to reduce any discomfort and swelling. Use any medication given by the dentist as directed.

If your bite feels uneven after receiving the temporary or permanent crown, if you have persistent pain, or if you have any other questions or concerns, please call our office.

Root Canal Therapy:

Root Canal therapy often takes two or more appointments to complete. A temporary filling or crown is placed to protect the tooth between appointments. After each appointment, when anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off.

Between appointments it is common, and not a problem, for a small portion of your temporary filling to wear away or break off. If the entire filling falls out or if a temporary crown comes off, call us so that it may be replaced.

It is normal to experience some discomfort for several days after a root canal appointment, especially when chewing. To control discomfort, take pain medications as recommended. To further reduce pain and swelling, rinse three times a day with warm salt water (1 teaspoon salt with 1 cup of warm water, rinse-swish-spit).

If antibiotics are prescribed, continue to take them as directed, even if all symptoms and signs of infection are gone. To protect the tooth and help keep your temporary in place, avoid eating sticky foods, especially gum, and hard foods. If possible, chew only on the opposite side of your mouth. It is important to continue to brush and floss normally.

Usually, the last step after root canal treatment is the placement of a crown on the tooth. A crown covers and protects the tooth from breaking in the future. If your bite feels uneven, if you have persistent swelling or pain, or if you have any other questions or concerns, please call our office.

Chrome crowns on children:

If the child states: "My gums are tender."

You may have some soreness around the gum line. Rinse with warm salt water three times a day to speed healing (1 teaspoon of salt in a cup of warm water, rinse-swish-spit). Also, take Children's Tylenol for the first 48 hours, following the label directions for your child.

"It feels sensitive."

You may have some hot, cold, pressure sensitivity. This is common and normal.

"It feels different."

Your bite may feel different. If, after several days, your bite continues to feel uneven or unnatural, call our office for an adjustment appointment.

"May I chew gum?"

Avoid eating sticky candy and chewing gum or ice. Eating or chewing anything sticky can pull the chrome crown loose from the tooth.

"How do I brush and floss?"

Be sure to brush and floss your new tooth as you would any of your teeth.

Immediate Dentures:

Implant placement:

Filling:

When anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until numbness is completely worn off. It is normal to experience some hot, cold, pressure sensitivity after your appointment. Your gums may be sore for several days. Rinse three times a day with warm salt water (1 teaspoon of salt with 1 cup of warm water, rinse-swish-spit) to reduce pain and swelling.

If your bite feels uneven like you are hitting on one side first, if you have persistent pain, or if you have any other concerns or questions please call our office.

Periodontal Treatment:

After treatment your lips, teeth, and tongue may be numb for several hours. Avoid any chewing until the numbness has completely worn off. It is normal to experience some discomfort, for a few days after periodontal treatments, such as soreness around the gum line. Some slight bleeding is normal for a day or so following treatment. To reduce discomfort, rinse three times a day with warm salt water (1 teaspoon of salt in a cup of warm salt water, gently rinse-swish-spit), and take 600 mg of Ibuprofen.

You may have increased sensitivity to cold. The prescribed Clinpro 5000 toothpaste should help. Take all prescribed medications as directed on the label. For the first 24 to 48 hours, avoid “sharp” or crunchy foods, such as chips, which can irritate the tissue. Avoid smoking for the first 24 hours. Continue the dental homecare the hygienist has discussed with you following treatment. Be sure you have made your periodontal maintenance follow-up appointment for 6 weeks after you have complete all your periodontal scaling treatments. Call our office if you have any other questions or concerns.

TMJ:

If your TMJ is bothering you after a dental visit, follow these steps to alleviate the pain:

- Sleep on your back with a very flat pillow.
- Apply moist heat 4 times a day by using hot, wet towels.
- Refrain from all caffeine products, and all sugars.
- Eat only soft wet foods, and avoid chewing gum, or sticky candy.
- Wear your splint when resting and at night when you sleep.
- Take Ibuprofen three times a day, unless the doctor has prescribed another medication.

Cosmetic Reconstruction “Smile Make Over”:

Remember that it will take time to adjust to the feel of your new bite. When the bite is altered or the position of the teeth is changed, it takes several days for the brain to detect any high spots or problems with your bite, call our office so we can schedule an adjustment appointment.

It is normal to experience some hot, cold, and pressure sensitivity. Removing tooth structure and placement of new materials may result in a period of adjustment. Your gums may also be sore for several days. Rinse three times a day with warm salt water (1 teaspoon of salt with 1 cup of warm water, rinse-swish-spit) to reduce pain and swelling. Mild pain medication should ease your discomfort during the adjustment period.

Don’t be concerned if your speech is affected for the first few days. You will quickly adapt and be speaking normally. You may notice increased salivary flow. Your brain may respond to the size of your teeth by increasing salivary flow. This should subside to normal within a week or so.

Daily plaque removal is critical for the long-term success of your dental work. Maintain a regular oral hygiene routine. Daily brushing and flossing is a must. Regular cleaning appointments in our office are also critically important. We will use the appropriate cleaning abrasives and techniques for your specific cosmetic work.

It is important to change habits to protect your new teeth. Any food that could chip, crack, or damage natural teeth can do the same to your cosmetic restorations. Avoid sticky candies, any unusually hard foods or substances (such as peanut brittle, fingernails, pencils,

or ice). Avoid or minimize your use of foods that stain such as tea, coffee, red wine, and berries. Smoking will quickly yellow your teeth.

Let us know if you grind your teeth at night or engage in sports that we can make a custom mouth guard. Adjusting the look and feel of your new smile will take time. If you have any problems or concerns, please call our office.