

Local Anesthesia

For any dental procedure that requires local anesthetic (i.e. Novocain):

- It is best to refrain from eating for at least 2 hours and until the anesthesia has worn off to prevent possibly injury to your soft tissue.
- It is normal to experience slight stiffness in your jaw when opening after the numbness wears off.

Crowns and Bridges, Porcelain Veneers, Inlays, Onlays:

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.
- Do not chew any hard foods on the restoration.
- If your temporary comes off between appointments, please call our office so that we can reapply it for you.

Definitive 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 after a few days, please call the office for a slight adjustment.

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. You can also take an Advil or Tylenol if the discomfort persists.

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)

The filling is completely set up before leaving the dental office.

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.
- You can also take an Advil or Tylenol if the discomfort persists.

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.

Extractions

Bleeding:

It is normal for minor bleeding to occur for the first 24 hours following surgery. If slightly heavier bleeding occurs:

1. Place a piece of gauze over the surgery site.
2. Bite firmly on the gauze for at least 30 minutes. DO NOT chew on it.
3. If the bleeding continues, call the office
4. Do not suck on area where surgery occurred or drink through a straw during the first 48 hours.

Rinsing:

1. Do NOT spit or rinse the surgical area on the day of the surgery.
2. The day after surgery you may gently rinse with warm salt water.
3. You may brush your teeth and your tongue after the surgery. Be careful of the surgical site.

Eating:

- You should start with liquids and very soft foods for the first 24-48 hours following the surgery. If the area feels a little better, you can then move on to a normal diet.
- Be careful of chewing on hard foods near the surgical area.

Pain & Swelling:

- It is normal to experience some degree of swelling.
- If you do experience swelling, you can place ice over your face for 20-30 minutes at a time during the first 24 hours. This should help to reduce pain and swelling.
- Do not ice after the first 36 hours.
- If you feel discomfort, it is recommended that you take an Advil or Tylenol to ease the pain. If the pain persists, please contact the office.

Scaling and Root Planing (“Deep cleaning”)

What to Expect After Treatment:

- Please refrain from smoking following your periodontal therapy procedures. Tobacco smoke is an irritant to healing and can reduce effectiveness of the treatment. We ask no smoking for 72 hours following treatment.
- It is normal for your gums to feel slightly sore for the next 3 days following treatment.
- Your teeth may be sensitive to cold and/or hot foods and liquids after the treatment.
- Minor bleeding and swelling may also occur during the first 48 hours. This should reduce with healing.
- Symptoms should improve within one week of the treatment with noticeably reduced redness, bleeding and swelling of your gums.

What to Do:

- Please resume homecare as instructed by the hygienist.
- Salt water rinses (1tsp. salt to 8 oz. of warm water) 2-3 times daily
- Eat very soft foods and liquids for the first 24-48 hours, and as the area feels better, you can then move on to a normal diet.
- If swelling occurs, place an ice pack or frozen bag of vegetables wrapped in a soft cloth in affected area. Alternate 20 minutes on, 20 minutes off during the first 24 hrs post op.
- If tooth sensitivity occurs, use a sensitivity toothpaste with fluoride can help prevent or decrease symptoms.
- If stiffness or soreness in the jaw develops, place a warm, moist compress in the area of stiffness.

The next appointment will be in six weeks to evaluate healing and determine if the gums are improving. At this time gum pockets will be measured and compared with readings prior to treatment. The better oral hygiene done on a daily basis, the healthier the gums will be.

Root Canal Therapy

Sometimes root canals take more than one appointment to complete. A temporary filling will be placed at the end of each appointment until it is completed. Most of the time a crown is indicated once the root canal is completed to further protect the tooth from fracture.

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. This will also allow the temporary restorative material to harden. The soreness should decrease within a week.

Take any antibiotic medication prescribed to you by the doctor as this will eliminate any remaining infection in the tooth.

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

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

Post-Operative Instructions Following Delivery of Dentures/Partials

The following will help you to use and properly care for your new denture.

- It is normal to experience some discomfort, sore spots and speech problems while getting used to your new dentures.
- It is common to need to make adjustments following delivery of the denture.
- To help with speech, read aloud for a few minutes every day.
- The bite may need to be adjusted as the dentures settle.

- It is important to clean the denture with a denture brush and a mild tooth paste. Soaking the denture once a week in denture cleaner (eg; Polident) will keep it clean.
- Remove the dentures for at least six hours to allow for the gums to rest. Food particles trapped under the denture cause inflammation and sore spots.
- For partial dentures with metal clasps special care should be taken while inserting and removing them. It is extremely important to keep the partials and remaining natural teeth absolutely clean to prevent further gum disease and tooth decay.
- It is important to see the dentist at least once a year to check the dentures and mouth. Any changes will make the denture not fit as well, thus causing trauma to your gums and bone.
- If the denture or partial feels loose, sometimes it can be relined for an improved fit.

For additional pain relief please follow:

- Please take ibuprofen or Advil 600mg (3 tabs OTC) every 4-6 hours. DO NOT exceed 2400mg (12 tabs OTC) in a 24-hour period.

Alternatively

- Please take Extra Strength Tylenol 1000mg (2 tabs OTC) every 4-6 hours. DO NOT exceed 4000mg (8 tabs OTC) in a 24-hour period.