

# **POST-OP INSTRUCTIONS**

These are general post op instructions for the following procedures. If you are having symptoms that are not covered here nor have a dental emergency, please contact the office directly.

## **ROOT CANAL THERAPY**

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. 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.

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**

## **CROWNS AND BRIDGES**

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.

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 not to 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.

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.

**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 and 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. 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.

## **SCALING AND ROOT PLANING**

After your scaling or root planning, it is best to rinse your mouth 2-3 times per day with warm salt water. One teaspoon salt / 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 or 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 and 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 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.

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.

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.

## **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. Don't 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.