

POST OPERATIVE INSTRUCTIONS

Extraction:

- 1- Pressure should be placed on the gauze pad that has been put over the extraction site for one hour. If the bleeding continues new gauze should be placed and pressure applied for another 45 minutes.
- 2- If you are supervising children who have had an extraction done, make sure they don't bite on their numb lips or tongue (it can cause serious injury to their soft tissue).
- 3- Avoid eating or drinking anything hot on the day of your extraction. Also, do not rinse your mouth and do not use a straw for drinking. Do not spit and do not drink carbonated beverages. Do not brush on the day of the surgery; you can gently resume your brushing and flossing the day after.
- 4- You may experience some pain, bruising around your lips, and/or some swelling, especially after extraction of impacted wisdom teeth. Ice bag application and medication prescribed for you will help to minimize your discomfort.
- 5- Please take all the medication you have received based on the provided instructions.
- 6- During the first 2-3 days after surgery a diet of soft food and liquids is recommended (soup, yogurt, milkshakes and juice).
- 7- For more complex surgical procedures, including Impacted Wisdom Tooth Extraction, Implant Surgical Procedures, etc: You will receive an ice wrap which should be worn for the rest of the day until you go to bed on the day of surgery (10 minutes on and 5 minutes off). Instructions for various surgical treatments will have some unique directions, which will be supplied to you at the time of your treatment.
- 8- Call our office if you experience excessive bleeding, severe pain or swelling, or if you have any questions or concerns. In case of serious emergencies call 911.

Fillings:

- 1- Do not eat on your new filling for one hour and until your numbness is gone.
- 2- If you are supervising children who had fillings done, make sure they don't bite on their numb lips or tongue (it can cause serious injury to their soft tissue).
- 3- Do not bite hard or chew on silver amalgam fillings for 24 hours.
- 4- You may experience cold and heat sensitivity and some gum soreness; this usually subsides within a few days.
- 5- Call our office if you experience pain or discomfort for more than a few days after the fillings, or if you have any questions.

Crowns and Bridges (also Inlays and Onlays):

- 1- Crowns and bridges usually take 2 or 3 appointments to complete. On the first appointment, the tooth/teeth are prepared, impressions are taken, and a temporary crown is placed on your tooth/teeth.
- 2- You may experience sensitivity, gum soreness, and slight discomfort on the tooth/teeth; it should subside after the placement of the permanent crown(s).
- 3- Whenever anesthesia is used, avoid chewing on your teeth until the numbness has worn off.
- 4- A temporary crown is usually made of plastic-based material or soft metal. It can break if too much pressure is placed on it. The crown may also come off; if it does, save the crown and call our office. The temporary crown is placed to protect the tooth and prevent other teeth from moving. If it comes off it should be replaced as soon as possible. To avoid losing your temporary, do not chew on sticky or hard food (chewing gum, ice). Try to chew on the opposite side of the temporary as much as possible.

5- Continue your normal brushing but be careful while flossing around the temporaries (remove the floss gently from the side). If it is difficult to get the floss between the temporary and surrounding teeth, refrain from flossing until you receive your permanent crown.

6- After the permanent restoration is placed you may feel slight pressure for a few days. Also, the bite may feel different for a day or two. But if after 2-3 days the bite still feels uneven or if you feel discomfort when chewing on the tooth, call our office. Delaying the necessary adjustments may damage the tooth permanently.

7- Call our office if you are in pain or if you have any questions.

Root Canal Treatment:

1- You may experience moderate pain and sensitivity to pressure on your tooth. Also, you may feel gum soreness for few days after your treatment. The healing process may take several days but the pain and discomfort should subside gradually.

2- Take any medication that was prescribed for you according to instructions.

3- Usually a temporary filling has been placed on your tooth; do not bite on the tooth for one hour and while you are numb. Also, until the permanent restoration is placed, be very gentle with the tooth. Try to chew with the opposite side.

4- Continue your brushing and flossing.

5- Follow up with the placement of your permanent restoration as you have been advised. Any unnecessary delay in placement of final restoration may damage the tooth permanently.

6- Call our office if you are in severe pain or experience swelling, or if you have any questions.

Teeth Cleaning (Deep Cleaning):

1- You may experience some cold and heat sensitivity (especially after deep cleaning). 2- If you have received anesthesia do not eat anything until the numbness has worn off.

3- Continue your regular brushing and flossing.

4- Some bleeding for a day or two after cleaning is normal, but if you experience any excessive bleeding call our office.

5- Call our office if you are in pain or if you have any questions.

Denture Delivery:

1- You will experience some discomfort with any new denture for a few days. All new dentures need several adjustments to completely and comfortably fit your mouth.

2- You should take the dentures out every night and keep them in a clean container filled with water or denture cleaning solution. Your gums need to rest and be without the dentures every day for a period of time.

3- Clean dentures thoroughly with a brush and water before putting them back in your mouth.

4- It may be difficult to talk normally with the new dentures for a few days. One way to practice is to read a book or newspaper out loud for a period of time everyday. Your tongue and muscles will get used to the new dentures and you will talk normally very soon.

5- Call our office if you are experiencing pain, discomfort, or if you have any questions.