

Post op Instructions for Scaling and Root Planning

1. Avoid spicy and hot foods
2. You may experience some gum sensitivity that can be alleviated by over the counter pain medication (Ibuprofen or Acetaminophen)
3. Make sure you are flossing at least once a day (you may see bleeding in the area being flossed Do not be alarmed. This is a sign that flossing is needed. The bleeding will dissipate)
4. Only use the Chlorhexidine rinse for a week after your deep cleaning since it stains teeth when used longer.
5. If you have any Questions or Concerns, do not hesitate to call our office at (469) 250-2020

Extraction Post Op Instructions

1. **DO NOT DISTURB THE AREA:** For the next few days, and especially the first 24 hours, it is very important to allow your body to form a good clot and start the natural healing process. Swishing, sucking through a straw, and smoking can all dislodge the clot. Keep anything sharp from entering the wound (crunchy food, toothpicks, eating utensils). Be sure to chew on the opposite side for 24 hours.
2. **BLEEDING:** Keep slight pressure on this gauze for at least 30 minutes. Don't change it during this time; it needs to remain undisturbed while a clot forms in the extraction socket. You may bite on another gauze or a tea bag for another 30 minutes if you feel it is still bleeding.
3. **SMOKING:** Smoking should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette smoke chemicals in your body. Also the suction created when inhaling cigarettes can dislodge the clot. Smokers are at greater risk of developing a painful Dry Socket.
4. **PAIN:** Some discomfort is normal after surgery. To minimize pain, take two Tylenol, Nuprin, Advil, or similar non-aspirin pain reliever every 3 to 4 hours until bedtime to maintain comfort. Take it before the anesthesia wears off. If prescription pain medication is prescribed, take it as instructed on the label. Don't exceed the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.
5. **NAUSEA:** This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water.
6. **SWELLING:** Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this for the first day.
7. **NUMBNESS:** The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. Sometimes the extraction causes residual numbness or tingling for six weeks or longer.
8. **BRUSHING:** Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth gently, but avoid the area of surgery for 3 days.

9. RINSING: Avoid all rinsing or swishing for 24 hours after extraction. Rinsing can disturb the formation of a healing blood clot which is essential to proper healing. This could cause bleeding and risk of dry socket. After 24 hours you may begin gentle rinsing with a saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water). Avoid commercial mouth rinses.
10. DIET: Eat soft foods for the first two days. Maintain a good, balanced diet. Return to normal regular meals as soon as you are able after the first two days. Drink plenty of water. Avoid alcohol for 48 hours.
11. ACTIVITY: After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.
12. ANTIBIOTICS: If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.
13. FOLLOW-UP APPOINTMENTS: You may need to return to the office to have sutures removed, or just for a brief follow-up healing check.

Fillings Post Op Instructions

We used a local anesthetic to thoroughly numb the area we treated. This numbness in your lips, teeth and tongue might last for several hours after the procedure. To avoid damage to your tongue and lips, you should avoid any chewing until the numbness has completely worn off.

What if my filling hurts? It's normal to experience some sensitivity to heat, cold and pressure after your appointment. You can also expect some soreness in your gums for several days. Rinsing your mouth with warm salt water can help to alleviate discomfort and swelling. Dissolve a teaspoon of salt in a cup of warm water, and then gently swish the water around the tooth and spit. If the soreness or sensitivity lasts for more than a week, please call our office.

Do I have to be careful with my fillings? White fillings set completely immediately after they are placed, so as soon as the numbness from the anesthetic subsides, you can chew as you would normally.

If your bite feels uneven, or if you have any questions or concerns about your new filling, be sure to give us a call at (469) 250-2020

Post-Operative Instructions for Crowns, Bridges and Veneers

Your anesthesia will wear off in 1-3 hours after the procedure. It is very important not to chew on the numb side until the anesthesia wears off.

Your tooth may be sensitive to hot, cold or pressure after this procedure. Your gum tissue may also be tender. This is COMPLETELY normal. The more invasive the procedure, the more sensitivity you may experience. The possible symptoms of hot, cold or pressure will cease after a few days to a couple of weeks. As long as your teeth and/or gums are continuing to feel better everything is fine.

TEMPORARY CROWNS, BRIDGES AND VENEERS

Temporary crowns are utilized for about 2-3 weeks while the more definitive crown, bridge and veneer is being customized for your tooth. The temporary protects the tooth and holds it in position during the interim while the definitive crown, bridge or veneer is being hand crafted in the lab.

The temporary crown, bridge and veneer is fragile and will not be as strong as the definitive crown, bridge or veneer. It is extremely important for the temporary to remain on the tooth until we seat your crown, bridge or veneer. If your temporary becomes loose or comes off at any time, please call our office. Your tooth can shift within a few hours if your temporary is missing, which can inhibit the placement of your permanent crown, bridge or veneer.

Please note: With your temporary, avoid hard and chewy foods (such as ice, taffy, hard candy, gum, etc.) These are known to pull temporaries off the prepared teeth. Please avoid eating on the temporary as much as possible.

Please carefully clean around the temporary with a toothbrush and floss daily.

Remember when flossing the temporary please pull the floss out the side to avoid pulling the temporary off. If the temporary does come off please place a small dot of tooth paste in the depth of the temporary and carefully place back on the tooth. The temporary should only fit on the tooth one way.

Once the anesthesia has worn off and you feel as though any of the teeth we worked on are hitting first, please give the office a call immediately. This imbalance with your bite may cause further discomfort and should be adjusted.

DEFINITIVE (PERMANENT) CROWN, BRIDGE AND VENEER.

The permanent crown is checked for fit and then cemented. It is not uncommon for the permanent crown to be hot/cold sensitive for several weeks afterwards and occasionally a few months. Once again a balanced bite is important. Be sure to inform us if you have a "high" bite on any new crowns, bridges or veneers. The cement will be its strongest within 24 hours so be careful not to chew on anything really tough or sticky on the newly cemented restorations.

Permanent Crowns, Bridges and Veneers should have tight contacts to prevent food impaction. If you have a fracture of the porcelain or an open or loose contact, please make an appointment for an evaluation. Open contacts can lead to periodontal (gum) disease and dental decay over a period of time if not corrected.

It is important to floss the margins of crowns, bridges and veneers next to the gum line, below the contact area to prevent periodontal (gum) disease and dental decay even with perfectly fitting crowns, bridges and veneers. Remember you can still get decay under a perfectly fitting crown, bridge and veneer if you do not use meticulous daily home care including brushing and FLOSSING daily.

With regular professional dental cleanings and examinations the permanent crown, bridge or veneer should give you many years of service. AGAIN decay may occur around the edges of the crowns, bridges or veneers so it is very important to have these restorations checked and cleaned at a minimum of every 6 months.

IMPORTANT NOTE: WE SUGGEST THAT YOU ALSO USE A DAILY FLUORIDE GEL ONCE A DAY AND AN IN OFFICE FLUORIDE VARNISH EVERY 6 MONTHS TO HELP PREVENT DECAY AROUND YOUR CROWNS, BRIDGES AND VENEERS.

We have done our best to provide you with the finest quality crown, bridge and veneer available today. However, as with a fine automobile, only your continuing care and concern can assure optimum service and longevity.