

## **Fillings**

It is common for a new filling to be sensitive for a week and then fade away. If your filling stays sensitive please call, the filling height may need to be adjusted.

If the tooth hurts to bite on, please call we will need to examine the tooth and possibly adjust or replace the filling.

Your bite will feel different following a filling, but if you have to push to get your other teeth together we need to adjust the filling.

## **Crowns**

Since your tooth is being restored with a new crown, slight soreness is expected for the first couple of days following treatment. Some sensitivity to biting and cold is normal. If this sensitivity continues for more than 2 to 3 days please call our office so we can evaluate the tooth's health. Sometimes the effects of treatment on an individual's teeth is unpredictable, subsequently more treatment may be necessary. The most common is root canal treatment. Postponement by the patient usually doesn't resolve the condition and only delays the essential treatment.

## **Temporary Crowns**

Have confidence in your temporary or interim crown. It is securely attached to your tooth but it has been made so we can remove it, so we can fit the laboratory prepared crown. Rarely, the crown dislodges, if this occurs, it needs to be re-cemented. Simply place it back on, verify the placement by slowly biting down. If you cannot bite down, it may be incorrectly placed, try again. Vaseline is the safest temporary cement if you're out of town. Please give us a call so we can re-cement the crown at your earliest convenience.

## **Root Canal Post Operative**

Some discomfort after root canal treatment is to be expected. Over the counter pain medicine such as Advil, or Tylenol takes care of the majority of discomfort. Should that not provide your relief you have been given a prescription for pain medication. You should not drive or mix this medication with alcohol. To contribute to the success of the treatment, antibiotics can be given, please take as prescribed. Swelling or pain not relieved with the prescription medicine is not normal and you should call our office.

A temporary filling has been placed and your tooth should be restored with a permanent filling (Build-Up) and crown. These items are separate from the root canal and should be completed within a two-week period.

## **Scaling and Root Planning**

Following the procedure you may experience some of the following:

**Gum Sensitivity:** Your gums may be sore and tender to brushing. Over the counter pain medication such as Advil, Ibuprofen or Motrin may alleviate this discomfort. Rinse with warm salt-water as much as possible (1/2 teaspoon per 1 cup of very warm, not scalding, water) Avoid using Listerine or Scope mouthwash as these contain high concentrations of alcohol and will prolong the healing process.

**Hot and Cold Sensitivity:** Your teeth were extensively cleaned, removing unwanted and detrimental materials along the root surface, subsequently areas previously “insulated” will now be exposed. This is a side effect with limited duration and use of Sensodyne toothpaste or Crest Sensitive Protection toothpaste will help alleviate sensitivity.

In cases of severe inflammation, the gums will “shrink” or appear to get small and expose more tooth and /or root. This is a good sign and indicates healing.

Home care instructions

1-2 hours after treatment: Avoid severely hot and cold liquids

Night of treatment: Take 2 tablets (400mg) Ibuprofen, (Advil, Motrin) and rinse with warm salt water

## **Extraction**

You will be given a pack of gauze to take home with you. You will want to change the gauze out every 15-20 minutes until the bleeding stops. There could be slight oozing for up to 48 hours after the extraction. Applying slight pressure will help with the bleeding.

Place an ice bag on your face for the first day to help with the swelling.

Do not smoke for 48 hours.

Do not drink through a straw. The negative pressure could cause the blood clot to dislodge.

Do not eat hot food for the first day, the heat promotes bleeding.

Do not eat chips, rice, or popcorn for at least 5 days.

You should try and eat soft foods and chew on the opposite side for at least 3 days.

## **Dentures Post Operative**

Learning to wear a new denture can take time. Don't become discouraged if you find some difficulty in the beginning. Nature did not intend for us to wear hard plastic against soft gum tissue. It takes a while for the gum tissue to firm up and to accommodate to the hard plastic denture.

A lower denture usually takes more time to adjust to than an upper denture. The tongue may feel restricted, it will soon adapt to the restrictions and to the new feeling that a denture is present.

Try to eat only soft foods for the first couple of days. Then, as you progress to more solid foods try to eat slowly and deliberately.

Reading aloud during the first couple of days will go a long way in reducing any minor speech problems, which may result from wearing a new denture.

Clean your denture every morning and night with a denture toothbrush and toothpaste. We prefer that you leave out your dentures at night. When left out of your mouth place the dentures in a denture bath.