DENTAL WELLNESS OF WESTCHASE

Post-Operative Instructions

Fillings:

1. Don't eat until the anesthetic wears off.

2. You can drink at any time, but avoid very hot beverages until the anesthetic wears off.

3. Expect sensitivity, especially to cold, for up to several weeks.

4. If procedure was lengthy, you had to open wide, or you were very tense, take Ibuprofen, up to 600 mg every 8 hours, beginning while you are still numb. You may also take Tylenol every 4 hours if Ibuprofen alone is inadequate.

5. Rinse with warm salt water (1/2 tsp salt to 8 oz water) in the event of gum soreness.

6. It restoration feels "high", or you are having pain that exceeds over the counter medications, do not hesitate to call and ask for your assistant.

Periodontal Services: Prophylaxis, Scaling and Root Planing:

1. Don't eat until anesthetic wears off, and avoid overly hot beverages.

2. Expect sensitivity, especially to cold, and soreness of gums for up to 3 weeks.

3. If procedure was lengthy, you had to open wide, or you were very tense, take Ibuprofen, up to 600 mg every 8 hours, starting while you are still numb. If Ibuprofen alone is inadequate, you may also take Tylenol every 4 hours.

4. Rinse with warm salt water in the event of gum soreness. Use Peridex or other adjunctive medicaments, oral hygiene aids/tools, brush and floss as prescribed by Dr. Creech-Gionis and your dental hygienist.

5. If over the counter medications are insufficient or you have questions, do not hesitate to call and ask for your dental hygienist.

6. Be certain you schedule your next visit for continuing care.

Crown, Veneer or Fixed Bridge Preparation:

1. Follow steps 1-5 above.

2. Avoid sticky foods and chewing gum while wearing temporaries.

3. Pull dental floss through, so as not to dislodge a temporary crown or bridge.

4. If your temporary becomes loose or comes out, attempt to re-seat it immediately. Call our office to re-cement it as soon as possible. If the temporary crown is loose and you fear swallowing or aspirating it, leave it out of your mouth but save it for re-cementation. Temporary dental cement is also sold at pharmacies and can be used to secure the temporary until you can come into the office for re-cementation.

5. If the restoration feels high, or you have pain that is not controlled with Ibuprofen, do not hesitate to call the office and ask for your assistant.

Endodontics (Root Canal):

1. Follow steps 1-5 above.

2. If you experience swelling of the face, call the office and ask to speak to your assistant

3. Take all antibiotics as prescribed, if prescribed.

4. Make sure to have the final restoration (filling or crown) done within 4 weeks to avoid loss of the temporary filling material and re-infection of the tooth.

Tooth Extraction:

1. Follow steps 1-5 above.

2. Apply ice packs to area, 15 minutes on, 15 minutes off for the first day to help with swelling.

3. Expect some bruising. Arnica gel can be applied to the skin on the face to minimize bruising.

4. Avoid crunchy foods that can lodge in the socket. If something gets caught in the socket, after the first 24 hours you can very gently rinse the area with warm salt water. Do not pick into the socket, as you may dislodge the blood clot that is forming.

5. If you experience severe pain beginning on day 3-4 suddenly, do not hesitate to call the office and ask for your assistant.

6. If you have sutures that need to be removed, make sure you have your follow up appointment for one week after surgery.

7. Take all medications as prescribed.