

## TOOTH COLORED FILLINGS

If you have had a filling placed in your mouth, it is made of what is called composite material. This material contains a light sensitive ingredient that allows the dentist to “set” the material so there is no need to wait for the filling to “cure”. You should, however, be aware that some patients experience sensitivity to temperature after having a filling placed. Sensitivity (most often to cold) can last from a few days up to two weeks but should be less as time passes. If you continue to have sensitivity beyond that time or increasing problems with sensitivity, please contact our office as you may need to have an “adjustment” done on your filling.

Remember that any restoration can be broken if you chew things you shouldn’t such as ice, hard candies, etc. and teeth can form new cavities if you do not take proper care of your mouth including brushing, flossing and regular dental visits.

## EXTRACTIONS

1. Continue to bite on the gauze pad that is placed in your mouth for the next 6 hours
2. Do not chew on gauze, but hold continuous, firm pressure and talk through your teeth. Only change the gauze if you are swallowing a lot of blood. This will get your healing off to a good start.
3. Even after 24 hours, you could still have some bleeding or oozing. If excessive bleeding occurs, please call our office.
4. No strenuous physical activity for 2-3 days
5. Avoid carbonated beverages for 2-3 days. Do not drink alcoholic beverages while taking medication
6. Follow a liquid diet for the first 24 hours then soft foods for 2-5 days after extraction. It is very important to have good nourishment to aid healing.
7. No smoking for 3-4 days. "Dry Socket" is highly associated with smoking. Dry socket is a high level of pain that is usually experienced 2-3 days after extraction and indicates that something has interfered with the healing which led to bone exposure. Call the office if you suspect dry socket.
8. Do not rinse your mouth or brush your teeth for 24 hours. Do not use a straw or spit for 24 hours
9. After 24 hours, you can brush your teeth gently and rinse your mouth with warm salt water (1/4 teaspoon of salt in an 8 oz. glass of water). Continue rinsing gently 3-4 times a day for the next few days.
10. Prescriptions: The medications are given for a specific purpose. It is important that you take them according to instructions and avoid alcoholic beverages. If you have an allergic reaction to any medication, discontinue taking it and let us know. You should call 911 if your throat swells and/or you have trouble breathing. If your prescription for pain leads to drowsiness, do not drive a car or operate any machinery.
11. For pain: Dr. Montoya recommends alternating Tylenol 500 mg (acetaminophen) and Advil 600 mg (ibuprofen) if the patient has not been prescribed a narcotic.
12. A post-operative appointment will be made for 1 week after your extractions to check healing. If stitches were placed, they will be removed at this appointment.

## BONE GRAFT

If a bone graft has been completed, there will be a membrane placed to protect the graft. The membrane may be visible (as a shiny white area) but should not be disturbed at any time. The membrane should remain in place as long as possible to protect the healing area. Please chew soft foods only on the other side of the mouth. It may be as long as 8 weeks after procedure that Dr. Montoya will remove the membrane. If it seems to be coming loose or causing irritation, please contact the office.



## ROOT CANAL TREATMENT

A root canal is a treatment that is done to remove the nerve and blood supply from a tooth when it has decay/infection that has reached the center of the tooth. Some patients have pain to let them know they need this treatment, but some patients do not have any pain as an alert to the need for treatment. If you have had root canal treatment, the dentist will usually prescribe an antibiotic to help reduce the infection. It is very important to take the full prescription because any bacteria that remain can restart the infection process. It is equally important that the dentist remove all of the infected material from the tooth, so this type of treatment may take more time.

If there is pain after the procedure, Dr. Montoya recommends alternating Tylenol (acetaminophen) 500 mg with Advil (ibuprofen) 600 mg every 4-6 hours. Pain that increases over time instead of decreasing should be reported to the dental office. It is very important to finish any antibiotic that has been prescribed to help get rid of infection.

Once a root canal is completed, the tooth will often need a crown to protect it. Failure to protect the tooth with a crown may result in breakage that cannot be repaired, so be sure to follow up with us to have your treatment completed.

## **CROWNS and BRIDGES**

If your tooth has been prepared for a permanent crown or bridge, the dentist has made a temporary restoration for you while the dental laboratory is making your permanent crown or bridge. You may experience some sensitivity after having work done on any tooth. Any sensitivity should become less noticeable as time passes. You should be careful with flossing while you are wearing the temporary and avoid chewing very hard or sticky foods that could break or loosen the temporary. If the temporary crown/bridge should become loose, please call the office and come in as soon as possible as we may be able to recement the temporary until your permanent restoration is ready. It is not safe to be without temporary coverage while you are waiting for the permanent crown or bridge. Waiting for long periods (longer than 2-3 weeks) may mean that your permanent restoration will not fit properly, so it is important to keep the final appointment.

Once your permanent crown or bridge has been placed, you should be able to floss the area normally. Again, although any dental treatment may cause some sensitivity, if you have sensitivity that persists or gets worse, please contact the office. Remember that any restoration can be broken if you chew things you shouldn't such as ice, hard candies, etc. and teeth can form new cavities if you do not take proper care of your mouth including brushing, flossing and regular dental visits.



## IMPLANT POST-OP

**BLEEDING:** Small amounts of blood in the saliva can make you saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.

**SMOKING:** Smoking should be stopped following surgery. Healing and success of the implant will be substantially reduced by the cigarette smoke chemicals in your body.

**PAIN:** Some discomfort is normal after surgery. To minimize pain, take prescribed pain medication as directed to maintain comfort. Take it before the anesthesia wears off. Don't exceed the dose on the label. Taking with food or milk will reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. DO NOT drink alcohol while taking prescription pain medications.

**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.

**SWELLING:** Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes and then remove for 15 minutes. Continue this for the first day.

**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 implant procedure causes residual numbness or tingling for six weeks or longer.

**BRUSHING:** DO NOT BRUSH YOUR TEETH FOR THE FIRST 24 HOURS AFTER SURGERY. After this, you may brush your teeth gently, but avoid the area of surgery for 3 days.

**RINSING:** Avoid all rinsing or swishing for 24 hours after surgery. After 24 hours you may begin gentle rinsing with a saltwater solution (1/4 teaspoon of salt in an 8oz glass of warm water). Avoid commercial mouth rinses for the next 2-3 days. You may be instructed to use a prescription antimicrobial mouth rinse.

**DIET:** Blend food in a blender or drink smoothies, milkshakes etc. for 2-3 days. Return to a normal diet as soon as you are able for the first 2-3 days, but chew on the other side of your mouth. Drink plenty of water and avoid alcohol while on prescriptions.

**ACTIVITY:** After leaving the office, rest and avoid strenuous activities for 3 days. Keeping blood pressure lower will reduce bleeding and aid healing.

**ANTIBIOTICS:** If you were given an antibiotic prescription, take all medication as directed until gone. Women: some antibiotics can reduce the effectiveness of birth control pills.

**SINUS:** If your sinus was involved in the procedure, you should avoid blowing your nose, sneezing or playing a wind musical instrument for one week. Use of decongestant medications like Afrin might be recommended.

**REMOVABLE APPLIANCES, DENTURES:** your dentist will give you specific instructions about your prosthesis. Your denture might be adjusted or significantly modified in order to avoid putting pressure on the new implants before they have healed. In certain cases, you will need to go without your dentures for a period (days or weeks) after the implants are placed. Sometimes a temporary removable appliance is made for cosmetic purposes until a new non-removable one can be made.

**FOLLOW-UP APPOINTMENTS:** You may need to return to the office within the first 14 days to have sutures removed or just for a brief follow-up healing check. You may need to return after the implant has integrated for a small second procedure to expose it in preparation for the final restoration.

**PLEASE CALL YOUR DENTIST IF YOU HAVE:**

- Uncontrollable pain
- Excessive or severe bleeding
- Marked fever
- Excessive warm swelling occurring a few days after the procedure
- Reactions to medications, especially rash, itching or breathing problems

Following these instructions very closely will greatly help your comfort and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort and the success of the procedure may be affected.