

POST-OP INSTRUCTIONS

CROWNS AND BRIDGES: Crowns and bridges take more than one appointment to complete. Temporary crowns or bridges are placed to protect the teeth while the final restoration is being made.

To keep your temporaries in place, avoid eating sticky foods, hard foods and if possible chew on the opposite side of your mouth. It is important to brush normally. Do not floss as it may dislodge the temporary. If your temporary falls off, call the office so we may recement it.

Your lips and tongue may be numb. Please refrain from eating and drinking hot beverages until the numbness has worn off.

FILLINGS: You may chew with your composite fillings (tooth colored) immediately after numbness wears off. Wait 24 hours before chewing on Amalgam (silver) fillings.

It is normal to experience some tooth sensitivity or soreness at the injection site. An over the counter pain medication should reduce any discomfort. If your bite feels uneven or you have persistent pain, please contact the office.

ROOT CANALS: Root canal therapy often takes two appointments to complete depending on the severity of infection. A temporary filling or crown is placed to protect the tooth between appointments. Avoid chewing until numbness has worn off.

It is normal to experience some discomfort for several days after a root canal appointment, especially when chewing. To control discomfort, take pain medications as recommended. To reduce pain and swelling rinse three times a day with warm salt water. If antibiotics are prescribed continue to take them as prescribed, even if all symptoms and signs of infection are gone.

EXTRACTIONS: After a tooth extraction, it is important for a blood clot to stop bleeding and begin the healing process. Bite on the gauze pad for 30-45 minutes after the appointment to aid in this process. If bleeding persists, place another gauze pad and bite firmly for another 30 minutes. Repeat as needed.

Once the blood clot has formed, it is important not to dislodge the clot.

1. Do not rinse vigorously
2. Do not suck on a straw
3. Do not smoke
4. Do not drink alcohol
5. Do not brush your teeth next to extraction site for 72 hours
6. Limit vigorous exercise for the next 24 hours

After the tooth is extracted you may feel some pain and experience swelling. An ice pack applied to the face near the extraction site will minimize swelling. Take pain medications as prescribed. If an antibiotic was prescribed take as directed. Be sure to drink plenty of fluids and eat soft foods. You may introduce normal foods as your comfort allows after 24 hours.