

POST-OPERATIVE INSTRUCTIONS

Please select a procedure from the list below to see a summary of our post-operative instructions. Call us any time you have any questions.

PORCELAIN LAMINATES/VENEERS:

1. Some laminates or veneers are done with the no-prep technique. Others are done with a minimal-prep technique. In either case it is imperative to keep the gum tissue in pristine condition without over-brushing. You want to have healthy, clean, light pink gum tissue, not red swollen tissue. The entire case goes so much better if you can clean and rinse your teeth and gums to maintain optimum conditions.
2. Temporary or Provisional Laminate Veneers are not very retentive. Due to the nature of conservative tooth preparation there is not much removed from the enamel of the natural tooth. The temporary laminate or veneer is very thin and weak. It is easily broken or dislodged. Since the final restorations are actually BONDED to the teeth, the temporaries cannot be bonded the same way. Therefore you must be extremely careful with your temporary laminates. Yes, you want to brush and rinse around them very well, but flossing should be discussed on an individual basis.

WHITE FILLINGS:

1. Remember that your lip, cheek, or tongue is probably going to remain asleep (numb) for a while, so please be careful with them.
2. It is not unusual for a new filling to have some clear resin tags, thin almost clear small fragments, that can remain attached to adjacent teeth for a day or two.
3. It is advisable not to eat on a new filling for at least one hour after the procedure is completed.
4. If you are supervising a child that has a new filling make sure that they don't bite on the numb lips, tongue, or cheek area. This could cause serious injury to the soft tissue.
5. Most people experience at least some cold or heat sensitivity with a new filling. Often there is some soreness around the gum area. This usually subsides in a few days.
6. Call our office if you experience pain or discomfort for more than a few days after a filling is placed, or if you have any questions.

CROWN AND BRIDGE APPOINTMENTS (ALSO INLAYS OR ONLAYS):

1. Crowns and/or bridges usually involve treatment times that take longer to complete. Therefore it is not uncommon for the jaw or muscles to be more sore after the longer visit. Also, since impressions are usually taken at these visits, the gum tissue is tender for a few days afterward.
2. As with any procedure requiring local anesthetic, please be careful with your lips, tongue, and teeth until the anesthesia has worn off.
3. The temporary cement that holds on the temporary for future gold crowns or porcelain-fused-to-gold crowns is stronger than the temporary cement that holds non-metal crowns. These porcelain substrate or zirconium substrate crowns often require that we use a different provisional (interim) cement. This cement is less retentive than the traditional eugenol-containing temporary cement. So, please be very cautious with all porcelain crown provisionals.
4. At the completion of the first (preparation) appointment we usually protect the tooth or teeth with a provisional crown or crowns. In the case of a bridge, we often make a provisional bridge. Please remember this simple rule: **DO NOT CHEW ON PROVISIONAL RESTORATIONS!** These temporary restorations are 'custom-made' out of acrylic for you. However, they are not strong and cannot withstand the pressures of chewing. They are placed simply to protect the tooth and hold the space. If you chew too much on a provisional restoration it is likely to break or come off. If you must chew on a provisional crown do so cautiously and avoid sticky or hard food. Do your best to chew on the opposite side of the mouth or in an area not covered by a provisional.
5. In the event that for some reason your provisional (temp) crown or bridge does come off, here are the steps to follow:
 - a) See if you can reposition the provisional back in place – use a mirror for guidance
 - b) If you can correctly reposition the provisional, fill it with Vaseline and then re-invert it back into the proper orientation and push it to place.
 - c) If you cannot reposition it or if too much has been broken away, save the pieces and call our office. We will work you into the schedule just as soon as possible.
 - d) **NOTE: IT IS IMPORTANT TO KEEP A PROVISIONAL IN PLACE TO KEEP THE GUM TISSUE FROM 'OVERGROWING' AND PREVENTING THE FINAL CROWN FROM SEATING CORRECTLY. PLEASE KEEP THE PROVISIONAL ON AT ALL TIMES.**
 - e) After you call to find a good time to work this into our schedule, make sure and bring the provisional with you so that we can repair or recement it for you.
6. Once the **FINAL RESTORATION** is delivered and either cemented or bonded you may notice a slight pressure or sensitivity for a few days. The 'bite' may feel different for a day or two. However, if this persists beyond a few days, please call our office to see if an adjustment is needed.

7. Please continue at least normal brushing and rinsing. Use your fluoride if you have some available. You want to keep the gum tissue around the provisional massaged and healthy. You don't want the gum tissue to become red and sore from not cleaning it. Flossing is a little more difficult around a provisional restoration. It is best not to floss unless you are sure that you can carefully remove the floss gently from the side rather than flossing back up through the contact.
8. Call our office if you are in discomfort or if you have any questions.

ROOT CANAL TREATMENT:

1. Root canal treatment involves the removal of the pulp tissue (nerve) from the inside of the tooth and roots. It is normal to experience some post treatment discomfort when doing root canal therapy.
2. If you had an infection or one develops, please always take your medication as prescribed according to the instructions.
3. When possible we shorten the tooth receiving root canal treatment so that you cannot bite on it or hit on it while you sleep or clench. Please do not chew on the tooth during this time period.
4. Normally a soft temporary filling is placed on the top of the tooth. Do not bite on this filling. If the temporary filling is accidentally dislodged call our office immediately to schedule a time to replace it.
5. As always, continue to brush and floss as usual, unless flossing is otherwise advised.
6. Final Restoration is important. Remember that root canal treatment removes the nerves and blood supply from a tooth. Therefore the tooth becomes more brittle. In most cases, especially on all back teeth, a crown is necessary to cover or protect the tooth. An uncrowned root canal tooth might crack or even split, thus requiring removal. Do not delay the final restoration and risk the loss of your tooth.
7. Call our office if you have any unusual pain, swelling, or if you have any questions.

EXTRACTIONS:

1. We will give you post-op instructions and cotton gauze following any dental extraction. Pressure should be applied on the moistened gauze over the extraction site for at least one hour. Remember to slightly moisten the gauze so that it is not dry, otherwise it might stick to the clot. If bleeding continues new gauze should be moistened, placed, and pressed for 45 minute intervals.

2. Obviously avoid eating or drinking anything hot on the day after extractions. Also it is best not to rinse your mouth for at least 24 hours. Avoid straws, spitting, and carbonated beverages – anything that might dissolve or dislodge a clot. Do not brush on the same day following surgery. Resume brushing and flossing gently and cautiously the following day.
3. If you are supervising children that have had a tooth removed, make sure they don't bite their tongue or lips as it can cause serious injury.
4. Pain – you may experience some pain, bruising, or swelling. Ice packs or ice bag application and medication prescribed will help minimize your discomfort.
5. Eating: It is important to keep nutrients in your system at a time when it might be difficult to eat. A diet of soft food and liquids is advisable. Soup, milk shake, yogurt, supplements, and juice are good choices.
6. As always continue to take all your medications as per their instructions.
7. Call our office immediately if you experience excessive bleeding, swelling, or severe pain. Or if we cannot be reached please do not hesitate to call 911.

BRACES – ORTHODONTICS:

*Refer to the “6 MONTH SMILES” page.

IMPLANTS:

1. It is normal to experience some discomfort or bleeding the day of the implant surgery.
2. As usual, take all prescribed medications according to instructions.
3. You can apply ice in the form of an ice bag to the side of your face over the surgical site for periods of 10 minutes on and 5 minutes off.
4. Do not brush around the surgical site, but go ahead and brush your other teeth.
5. Avoid smoking, sucking on a straw, or spitting.
6. It is important not to stress an implant fixture immediately after it has been placed. If you have an immediate-placement provisional or temporary crown, it is important that you cannot contact it at all. If you feel that you are making contact with the temporary restoration in any manner, please call immediately.
7. If no provisional crown is placed, then most likely a temporary screw or healing abutment has been placed on your implant fixture. It is very important that this screw or abutment remain in

place. If the screw or abutment becomes loose or comes off completely, please call the office immediately to have it replaced. All temporary or provisional crowns need to remain in place until the final restoration is placed to prevent overgrowth of the gum tissue.

8. If you have any other questions about your implant or provisional, please call our office.

DENTURES/PARTIAL DENTURES:

1. We prefer to deliver immediate dentures or partial dentures on a Monday or Tuesday ideally so that we are available for the remainder of the week to do any necessary adjustments following surgery and placement.
2. You will have some discomfort with any new denture, especially an immediate (where the teeth are removed and the denture is placed all at once) for a period of several days to a weeks. All new dentures need adjustments to completely and comfortably fit your mouth.
3. 24 hours after the placement of an "immediate" denture we will want to see you in our office to inspect the surgical sites and the denture fit.
4. If wearing a 'soft liner' clean only with a soft toothbrush gently using warm water. No caustic or harsh chemicals please.
5. If no 'soft liner' is present clean dentures thoroughly and carefully with brush and water before putting them back in your mouth. Always be careful not to drop the dentures while you are cleaning them. Consider filling sink with water, draping sink with a towel, or holding them low in the sink so that if dropped the fall is short or cushioned.
6. You should remove your dentures every night and sleep without them. Store them in a clean container containing water and/or a denture solution. Your gums and tissue need rest, so remove the denture every day for some time period. Note: Keep pets, especially dogs, away from where dentures are kept.
7. Call our office if you have any special discomfort or any questions.