

## **Crown & Bridge Inlay & Onlay Instructions**

### **How Long Will I Be Numb?**

Your lips, teeth, cheek, and/or tongue may be numb for several hours after the procedure. To avoid injury, you should avoid any chewing or hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue, cheek, or lip while you are numb.

### **Is It Normal for My Gums or Jaw to Be Sore?**

Irritation can occur from dental work. Rinsing your mouth 2-3 times per day with ½ teaspoon of warm salt water can help to alleviate discomfort. Injection sites can be sore for several days after your appointment. Over-the-counter pain medications work well to alleviate the tenderness.

### **My Bite Feels Off – Is This Normal?**

If your bite feels uneven, please call our office at 239-262-8200 so we can make a quick adjustment to the temporary or final restoration. Do not assume your bite will get better after time. The tooth may become irritated, and a toothache may occur if this is not done. It may also cause an increase in temperature sensitivity with the tooth.

### **Is It Normal for My Tooth to Be Sensitive?**

It is normal to experience some sensitivity to heat, cold, sweets, and pressure after your appointment. It is common for this sensitivity to last several months after treatment. Usually, deeper cavities will be more sensitive. Again, make sure that your bite feels even.

If you feel any throbbing or sharp pain, please call our office *immediately* at 239-262-8200.

## **Root Canal Instructions**

### **How Long Will I Be Numb?**

Your lips, teeth, cheek, and/or tongue may be numb for several hours after the procedure. To avoid injury, you should avoid any chewing or hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue, cheek, or lip while you are numb.

### **Is It Normal for My Gums or Jaw to Be Sore?**

Irritation to the gum tissue can occur from dental work. Rinsing your mouth 2-3 times per day with 1/2 teaspoon of warm salt water can help to alleviate discomfort. Injection sites can be sore several days after your appointment. Over-the-counter pain medications work well to alleviate the tenderness.

## **Is It Normal for My Tooth to Ache?**

It is not uncommon for a tooth to feel tender or even exhibit a dull ache over the next few days as your body undergoes the natural healing process. These symptoms are temporary (usually lasting less than one week) and typically respond well to over-the-counter pain medications.

## **Why Does My Tooth Feel Different?**

You may feel a slight indentation or rough area on the back of a "front tooth" or the top of a "back tooth". This is where a temporary material was placed through the access that was made on the tooth. It is not unusual for a thin layer to wear off in-between appointments. However, if you think the entire filling has come out, please contact our office.

## **Is It Normal for My Tooth to Be Sensitive?**

Your tooth may be sensitive to biting pressure and may appear to feel loose. This is a normal response and is no cause for alarm.

## **My Bite Feels Off – Is This Normal?**

If your bite feels uneven and is causing soreness, please call our office at 239-262-8200. A short office visit to adjust the problem area usually leads to a quick and dramatic improvement.

## **Is It Okay to Eat on the Tooth with the Root Canal?**

Please avoid chewing on the tooth that had the root canal. Whenever possible, try to chew on the opposite side of the treated tooth (as it is brittle) until the final restoration has been placed. The temporary filling will not permanently protect your tooth from reinfection or fracture.

## **Do I Need Any Other Treatment After a Root Canal?**

A permanent restoration is required after a root canal is performed on a tooth. The location of the tooth will determine what restoration will be recommended. Most teeth will require some type of crown, although there are exceptions where a filling may be placed. This permanent restoration is used to avoid future tooth fractures as the tooth is "hollowed out" from the root canal procedure.

If you have any issues or concerns, please call Gulf Shore Cosmetic and Family Dentistry *immediately* at 239-262-8200.

## **Extraction Instructions**

### **Numbness**

Your lips, teeth, cheek, and/or tongue may be numb for several hours after the procedure. To avoid injury, you should avoid any chewing or hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue, cheek, or lip while you are numb.

## **Bleeding**

Biting on a *moistened* gauze until the bleeding subsides is the best way to control the bleeding. Change the gauze as it becomes saturated with new *moistened* gauze. If bleeding persists after 2-3 hours, keep your head elevated and sit upright. You may try “home remedies” such as a moistened tea bag placed on the site for 30 minutes to help control bleeding. Overnight, it is normal to “ooze” from the area of surgery. ***If you notice excessive bleeding, call the office immediately at 239-262-8200 or go to the nearest emergency room.***

## **Bruising & Swelling**

You may experience some bruising in the area of the surgery. In some people, this is a normal response and should resolve within 7-14 days after surgery. Swelling is best controlled by the immediate application of ice packs for 24 hours following surgery. Ice packs should be applied to the outside of the face in intervals of 20 minutes on and off.

## **Limited Opening**

Jaw muscle stiffness with some limited opening of your mouth may occur after the removal of teeth. This is a normal response and may take several weeks to improve. Using warm, moistened towels on your face 24 hours *after* surgery may improve stiffness.

## **Fever**

There may be a slight elevation of temperature for the first 24-48 hours after surgery. If a fever is present, it is extremely important to drink plenty of fluids. Please call the office at 239-262-8200 immediately if there is a concern.

## **Eating and Drinking**

Drinking plenty of fluids is essential. ***Do not suck through a straw***, as this will promote bleeding. Eating soft, nutritious food is encouraged as soon as the bleeding has stopped for the first few days after surgery.

## **Brushing & Rinsing**

For the first 24 hours, do not brush or rinse your teeth as this may disrupt healing. After 24 hours, gentle brushing with a *soft* toothbrush is encouraged but avoid the extraction site. Avoid brushing sutures if placed. You may use a warm salt water rinse (½ teaspoon of salt mixed with 8 oz. of warm water) 3-4 times per day after the first 24 hours to help soothe the discomfort. ***Do not spit*** for 48 hours after surgery.

## Smoking

**Do not smoke** for at least 24 hours after surgery. Smoking adversely affects oral hygiene and contributes to “dry socket”. Spitting and rinsing too early after surgery may also contribute to this painful condition.

## Exercise

Please refrain from strenuous activity until 48 hours after surgery, as this will promote bleeding and interfere with the healing process.

## Medications

You may be prescribed medications. Take them as directed to help control the discomfort. To avoid nausea, do not take pain medications on an empty stomach. **Please note: some antibiotics may interfere with the effectiveness of your birth control pills.** Please check with your pharmacist.

If you have any issues or concerns, please do not hesitate to call the office at 239-262-8200.

## Implant Instructions

### Numbness

Your lips, teeth, cheek, and/or tongue may be numb for several hours after the procedure. To avoid injury, you should avoid any chewing or hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue, cheek, or lip while you are numb.

### Bleeding

Some minor bleeding is expected after implant surgery. Upper implants may cause some bleeding from the nose. It should not alarm you and should subside quickly. Biting on a moistened gauze until the bleeding subsides is the best way to control bleeding. If a bone graft was placed, do not put pressure on the area. You may try “home remedies” such as a moistened tea bag placed on the site for 30 minutes to control the bleeding. **If you notice excessive bleeding, call the office right away at 239-262-8200 or go to the nearest emergency room.**

### Bruising and Swelling

Most patients will experience some swelling after surgery in the mouth. It is best controlled by the immediate application of ice for the first 24 hours following surgery. Ice packs should be applied to the outside of the face in intervals of 20 minutes on and 20 minutes off. Sleep with your head elevated slightly above the heart. This will help bring the swelling down. Some bruising may occur and should resolve within 7-14 days after surgery.

## **Eating and Drinking**

Drinking plenty of fluids is essential. ***Do not suck through a straw*** as this will promote bleeding. Eating soft, nutritious food is encouraged as soon as the bleeding has stopped and for the first few days after surgery.

## **Fever**

There may be a slight elevation of temperature for the first 24-48 hours after surgery. If a fever is present, it is extremely important to drink plenty of fluids. ***Please call the office at 239-262-8200 if there is a concern.***

## **Brushing & Rinsing**

For the first 24 hours, do not brush or rinse your teeth as this may disrupt healing. After 24 hours, gentle brushing with a ***soft*** toothbrush is encouraged but avoid the implant site and sutures if they were placed. You may use a warm salt water rinse (½ teaspoon of salt mixed with 8 oz. of warm water) 3-4 times per day after the first 24 hours to help soothe the discomfort. ***Do not spit*** for 48 hours after surgery.

## **Medications**

You may be prescribed medications. Take them as directed to help control the discomfort. To avoid nausea, do not take pain medications on an empty stomach. Please note: some antibiotics may interfere with the effectiveness of your birth control pills. ***Please check with your pharmacist.***

If you have any issues or concerns, please do not hesitate to call the office at 239-262-8200.