

After Hours Post Treatment Care:

White Filling Post Treatment Care:

White tooth-colored fillings are one of the most common dental procedures performed today. Listed below are some important things to be aware of, as well as common experiences, after having white fillings.

- If you received anesthetic to numb the area, avoid chewing anything until the numbness goes away and all feeling is back.
 - Please pay special attention to children that had anesthetic as they tend to play with the area with their tongue and can easily chew their tongue, lips and cheek as the feeling begins to return. This lengthens the healing process.
- Once the feeling has returned, you may chew on your new filling as it is as hard as it is going to get.
 - Test your bite to see if it feels balanced all over – sliding your teeth back and forth, and forward and backward (just like in the office near the end of the appointment).
 - If it feels like you are touching your new filling first or you just can't get all of your teeth together comfortably, call the office for advisement or an appointment.
- It is common to experience sensitivity to hot and cold for up to 6 weeks following a white filling restoration. The deeper the cavity removed; the more sensitivity experienced.
 - It is recommended that you chew slowly and on the other side of your mouth if you experience sensitivity.
 - If it has not begun to subside within 10 – 14 days, OR it gradually gets worse, call the office for advisement or an appointment.
- The gum tissue surrounding the filling and tooth, your jaw joint, as well as the area where the anesthetic was placed, can be irritated and sore for a few days. This is normal and will subside in 2 – 5 days.
 - If you are able to take ibuprofen, take two tablets every 6-8 hours for two days to alleviate the inflammation and reduce the soreness.
- The finished restoration may be contoured a bit differently and have a different texture than what you were used to with your tooth. Your tongue will become accustomed to the new filling in a few days.

Thank you and please call the office if you have any questions or concerns.

Care For Your Temporary Crown, Bridge or Veneer

The care of your temporaries will be integral to the ease of your next appointment. The temporary restoration is meant to protect your tooth AND hold the tooth in position so the permanent crown will fit properly.

Temporary restorations are meant to come off with gentle pressure and do occasionally.

- If your temporary comes off, it can be held in place with tooth paste until you can get to the office to have it re-cemented.
- Keeping the temporary on your tooth will maintain the space allowing your permanent restoration to fit.

Brushing and flossing as you were shown at your appointment (using the floss threader, if necessary, etc.) will keep the gum tissue healthy and allow it to heal beautifully, making the cementation of your permanent restorations go very smoothly.

Slight sensitivity is normal while you are wearing the temporaries. This is usually not severe and calms down in a few days. If you have severe sensitivity when drinking hot drinks or when biting, please be sure to call the office.

- Avoid the following now, but these will not be a concern with your permanent smile:
 - Foods that are hard or sticky
 - Foods or liquids that can stain the temporaries
 - Red Wine, Tea, Colas, Ketchup, Red Tomato Sauces, etc.
 - For front teeth with temporaries:
 - Tearing food off with your front teeth (rather, cut it and chew with your back teeth)
 - Nail biting, chewing pencils, pens or toothpicks
 - Foods or liquids that can stain the temporaries (red wine, tea, colas, ketchup, red tomato sauces, etc.)
- Be diligent in your home care:
 - Brush after each meal.
 - Floss by pulling the floss through between the teeth:
 - Be careful NOT TO PULL DOWN (for upper teeth) and NOT TO PULL UP (for lower teeth)

Crown Bridges and Veneers Post Treatment Care:

Congratulations on your new crown, bridge or veneer(s)!

Below are some tips and expectations for your new restoration(s):

- Do not chew hard or sticky foods on the restoration for 24 hours from the time it was cemented. The cement must set up during that time to have optimum strength.
- With proper care, the permanent crown should last for several years. Proper brushing, flossing and regular 6-month (minimal) cleaning are required to help you retain the final restoration. It is important to keep the tooth, at the edge of the crown near the gum line, clean so it does not decay.
- It is normal to have sensitivity to cold for 3 – 4 weeks after your appointment.
- Usually the sensitivity diminishes slowly over the 4 week period, but it is not uncommon for you to have instances ‘out of the blue’ for a longer period of time.
- Similarly to your temporaries, it will probably take about 4 weeks for you to become completely accustomed to your new restorations and ‘forget about them’.
 - Anytime there is something new in your mouth, it is typical for you to be fully aware of it. As the weeks pass, you will find you are no longer focusing on it and it will be like you’ve always had it.
- Your bite has been adjusted;
 - If you notice that your bite doesn’t feel right or the tooth that your new restoration is on seems sore when you bite down, call the office for an appointment to check the bite again.

Partial and/or Full Dentures:

Learning To Use Your New Denture or Partial

Congratulations on receiving your new denture or partial. We are pleased that you have chosen to replace your missing teeth.

New dentures and partials are just like new shoes – they need to be worn and broken in a bit.

It is normal to have some areas that rub your gums. We will be able to make some adjustments to alleviate those areas. Please do not try to do this yourself. Making an adjustment to one area can cause the denture to fit differently in other areas. Please allow those adjustments to be made in the office. Please call us if you think an adjustment is needed.

Any new appliance in your mouth can cause the salivary glands to produce more saliva for several days. This is normal and the production of saliva will go back to normal shortly.

Dentures and partials are great to replace missing teeth. However, it is important to understand that they are a substitute for natural teeth. When learning to eat with your new appliances take small bites and chew slowly, trying to evenly distribute the food on both sides of your mouth. This will help keep everything in place and keep them from slipping. As you practice, you will find you are able to eat normally in no time.

Caring For Your Denture/Partial and Your Gums & Remaining Teeth

Although you may no longer have natural teeth, your gum tissue is still very much in need of care. Continue to brush and floss your remaining teeth, AND/OR brush your gums using a soft bristled tooth brush twice per day.

Continue your routine dental appointment for cleanings, if you have any remaining natural teeth, 2 or 4 times per year as directed.

If you no longer have any natural teeth, begin annual dental appointments to check for changes in your gum tissue or bone. An annual tissue check can be a lifesaving examination. Be sure to make this a priority each year.

Your denture and/or partial must be cleaned daily in order to prevent odor and remove stains.

The recommended method for cleaning your appliance is:

Once daily before bedtime, clean denture with soap, water and a denture brush. Soak your appliance in water overnight. You can also use a denture cleaning tablet 3-4 nights a week.

DO NOT use Clorox household bleach, tooth paste or abrasive cleansers to clean your appliance. Clorox will make the pink gums fade and many tooth pastes and other cleaners have abrasives that can pit the denture causing more stains to collect.

Rinse your denture in lukewarm water after eating to clean food debris.

During your annual tissue check, your denture will be professionally cleaned for you.

If any unusual symptoms or conditions arise call the office.

Scaling and Root Planning Post Treatment:

Congratulations on treating your gum disease! Below are instructions to get you through the next few days as your gums heal, and what you can expect with normal healing after the procedure

- It is recommended that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed, if not contraindicated or allergic) before the anesthetic completely wears off.
 - This will help with any swelling or pain at the injection sites where the anesthetic was administered.
- Avoid chewing until the numbness of the anesthesia has completely worn off.
 - It is easy to bite or burn your tongue or lip while numb.

- Following scaling and root planning:
 - You can expect less redness, less bleeding, and less swelling of your gum tissues.
 - Your teeth may feel smoother, and your mouth will taste and feel better because infection in the gums is beginning to heal.
 - Use a warm salt water rinse to help soothe the tender tissue.
- Your teeth may be more sensitive to hot or cold temperatures, and/or sweets.
 - This occurs as the gum tissue heals and shrinks in size.
 - Your gum health must be maintained with proper homecare, as instructed, and regular professional care.
 - Using a tooth paste specifically for sensitivity or using fluoride rinses may help alleviate sensitivity over time.
 - If it continues or is severe, professional application of a desensitizing agent may be beneficial.
- A soft diet is recommended for 2 – 3 days as well as chewing on the opposite side of your mouth if possible
- If prescribed, use the mouth rinse, Peridex (Chlorhexidine) as directed.
- A localized antibiotic (Arestin) may have been placed.
 - If so, do not floss for 24 hours, and then continue on with diligent home care.
- In some cases, your treatment will be completed in multiple visits. If so, please be sure to keep all appointments.
 - Regular maintenance visits (every 3 months) and excellent home care will be necessary to keep your gums healthy

We are so happy you have chosen us to help you achieve and maintain a healthy mouth. Please call our office with your questions.

Extraction Post Treatment Care:

After an extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30 to 45 minutes after extraction. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad and bite firmly for another thirty minutes. You may have to do this several times.

If bleeding is heavy and/or continues for a long time, wet a teabag with warm water (do not need to 'brew' a bag of tea) and bite on it for 30 minutes in place of the gauze.

After the blood clot forms it is important to protect it, especially for the next 48 hours.

Do not:

- Smoke
- Suck through a straw
- Rinse your mouth vigorously
- Clean the teeth next to the extraction site

These activities will dislodge the clot and slow down healing. Limit yourself to calm activities for the first 24 hours, this keeps your blood pressure lower, reduces bleeding, minimizes aching, and helps the healing process.

After the tooth is extracted, you may feel some pain and have some swelling. You can use an ice bag (alternate 20 minutes on and 20 minutes off) to keep this to a minimum. The swelling usually begins to go down after 48 hours.

Use pain medication only as directed.

If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

Drink lots of fluids and eat only soft nutritious foods on the day of the extraction.

Avoid alcoholic beverages and hot spicy foods. You may begin eating normally the next day or as soon as it is comfortable.

Gently rinse your mouth with salt water three times a day beginning the day after the extraction (a tsp of salt in a cup of warm water, rinse-swish-spit). Also, rinse gently after meals, it helps keep food out of the extraction site.

Resume your normal dental hygiene routine after 24 hours; this should include brushing your teeth and tongue and flossing at least once a day. This speeds healing and helps keep your breath and mouth fresh.

Call us right away if you have any of the following:

- Heavy bleeding
- Severe pain
- Continued swelling after two or three days
- Reaction to the medication

After 3 – 4 days you will be feeling fine and can resume your normal activities.