

POST-PROCEDURE INSTRUCTIONS

1. **COMPOSITE RESTORATIONS:** Filling material is completely set so you can eat and drink as soon as you are comfortable. Be careful not to bite your lip, tongue or cheek while numb. If bite feels off or too high in a day or two, please call the office and schedule an appointment to have it checked. Some cold sensitivity may occur. If it does not get increasingly better after a few days call the office to follow up.
2. **CROWNS/ONLAY/VENEER PREP VISIT:** You may be sore or sensitive for a day or two after the procedure. If gum is sore, warm salt water rinsing will help. Tylenol or ibuprofen is recommended if you are experiencing discomfort. If it does not get increasingly better after a week, call the office to follow up.
3. **TEMPORARIES:** Brush teeth normally. When flossing temporaries let go of one end and pull floss out to the side (do not pull floss up between teeth). Do not eat anything too chewy or sticky (ie chewing gum, caramel, gummy bears, etc). If the temporary dislodges, attempt to place it back on using toothpaste. Then call our office to have it re-cemented. If temporary is off for more than a couple of days, adjacent teeth may shift and permanent crown may not fit.
4. **PERMANENT CROWN/ONLAY/VENEER PLACEMENT:** Bonding materials are completely set so you can eat and drink as soon as you are comfortable. Be careful not to bite your lip, tongue or cheek while numb. If bite feels off or too high in a day or two, please call the office and schedule an appointment to have it checked. Some cold sensitivity may exist for several days. If it does not get increasingly better, please call the office to follow up.
5. **ROOT CANAL:** Tooth may be tender while chewing for a few days, up to a week. Please call the office if you have any swelling or pain persists for more than 48 hours.. Take pain medication and antibiotic as prescribed. Return to office as scheduled for permanent restoration.
6. **EXTRACTIONS:** Place icepack on the outside of face in extraction area for 15minutes on/ 15 off for at least 3 hrs. The longer the better. Do not eat anything thermally hot, spicy or crunchy. Continue with soft diet for a day or two. No spitting or drinking through a straw. NO smoking. Light bleeding should be expected. Bite on the gauze and maintain pressure on site for 30 min. If bleeding continues bite on a moist Black tea bag for 45 min. Take prescribed pain medication as needed and antibiotics if prescribed. If pain increases or persists for more than a week or swelling occurs, please call the office to be seen.
7. **SCALING AND ROOT PLANING:** It is normal to experience some discomfort after deep scaling and root planing. Cold sensitivity is normal. You may have a small amount of bleeding also. Tylenol or Motrin is recommended

along with warm salt water rinses. If pain or bleeding persists for more than 24 hours, please call the office.

8. **SEALANTS:** Sealant material is set so you can eat or drink immediately. You may notice that the sealant material feels slightly high on the surface of your teeth immediately following application. This should wear down in 24 – 48 hours. If it persists, please call our office.
9. **NIGHTGUARDS:** Brush and floss teeth normally before inserting night guard. Use toothpaste to brush night guard after use in the morning. Do not use hot water. Please keep night guard in the case provided with a few drops of water when it is not being used. Please bring night guard to cleaning appointments to be cleaned and checked.
10. **SIX MONTH SMILES:** Brush teeth regularly and floss under wire using either floss threader or super floss as instructed. Hygiene is very important so keep brackets and teeth as clean as possible. Avoid food and beverages that can cause staining of the brackets and donuts, i.e. red wine, coffee, and soda. Use wax provided if brackets and/or wire causes discomfort to lips or cheeks. Some discomfort is expected while teeth are moving. It is normal if teeth feel loose after wire is changed. Take Motrin or Tylenol if discomfort occurs.
11. **INVISALIGN/CLEAR CORRECT:** Aligners should be worn 21-22 hours a day. Aligners are to be taken out only when eating and drinking (other than water). Keep aligners clean by brushing them with tooth brush and tooth paste. Do NOT use hot water. Each aligner is worn for 2 weeks. Some discomfort is expected. The teeth will be moving and may feel a little loose when the aligners are removed. Take Motrin or Tylenol if discomfort occurs.
12. **RETAINERS:** Retainers should be worn 24 hours/day for the first 6 months or as instructed and then overnight only. Keep retainers clean by brushing them with tooth brush and tooth paste. Do NOT use hot water
13. **VIVERA RETAINERS:** You will receive 4 identical retainers. Wear the retainer for 24 hours/day for the first 6 months and then overnight. Replace retainer when it shows signs of wear such as thinning or tearing.). Keep retainers clean by brushing them with tooth brush and tooth paste. Do NOT use hot water
14. **DENTURES:** Wear dentures for as long as tolerable during the day. Remove dentures at bedtime. Brush and rinse denture. Leave in water overnight. Store overnight in denture cleaning solution (i.e. Efferdent, Polident etc.) once a week. If sore spots develop, call our office for adjustment.
15. **OPLESCENCE AT HOME WHITIENING:** To avoid sensitivity, patients may use fluoride rinse daily for one week prior to treatment. Brush and floss teeth

thoroughly prior to whitening. Trays should be used for 30 minutes per day, at any time, for 14 consecutive days. Consistent timing will produce best results. Start with either upper or lower arch for the first three days to compare whitening results. Then proceed with both arches for balance of time. Load tray with whitening material as instructed by our office and in accordance with product recommendations. Wipe along gum line with a tissue or gauze to remove any excess that has overflowed. Use a smaller amount of material if overflow is excessive. After removing trays you may notice that gums have turned white. This should subside and gums return to normal color within one hour. Rinse with warm salt water after treatment. If teeth are too sensitive, you may want to try treatment every other day instead of every day. If not tolerated, discontinue treatment and call office. Do not eat or drink anything while trays are in. **DO NOT LEAVE TRAYS IN OVERNIGHT. ONLY USE FOR 30 MINUTES PER DAY.** Clean tray with soft toothbrush and cool tap water after use. Brush and floss teeth again to remove any residual material. Return trays to case provided. Material should be kept refrigerated for longer shelf life...up to two years. Be aware that certain food and drinks tend to stain teeth (ie. Coffee, tea, red wine, red sauce and soups)

16. **KOR WHITENING SYSTEM:** Brush and floss teeth thoroughly prior to whitening. For first two nights desensitize for 30 seconds as instructed before inserting trays. Trays should be worn overnight for 14 consecutive nights. Load tray with whitening material as instructed by our office and in accordance with product recommendations. Wipe along gum line with a tissue or gauze to remove any excess that has overflowed. Use a smaller amount of material if overflow is excessive. Teeth need to be brushed and desensitized for 30 seconds each morning after trays are removed. After removing trays you may notice that gums have turned white. This should subside and gums return to normal color within one hour. Rinse with warm salt water after treatment. If teeth are too sensitive, discontinue treatment and call office. Do not eat or drink anything while trays are in. Clean tray with soft toothbrush and cool tap water after use. Return trays to case provided. Material should be kept refrigerated for longer shelf life...up to two years. Be aware that certain food and drinks tend to stain teeth (ie. Coffee, tea, red wine, red sauce and soups).

17. **SLEEP APNEA APPLIANCE:** Insert appliance, as directed, at bedtime. Avoid talking, eating or drinking while appliance is in. After removing in morning, brush appliance gently with toothbrush and soap or small amount of toothpaste. Insert your morning repositioning mouthpiece and bite gently into it for 10 minutes. During this time, perform morning jaw stretching exercises as directed. The morning exercises and mouthpiece will help you find your normal bite position.