



PATIENT INSTRUCTIONS AFTER TREATMENT

Dentist: Place a check mark on the service(s) performed

Patient: Follow the instructions in the section(s) checked off by your dentist.

EXTRACTION

- Place cold towels or an ice bag to your face for the first 6-8 hours. Apply for 15 minutes, and then remove for 15 minutes.
- Do no rinse mouth until the following day.
- On the morning following surgery, rinse mouth with warm salt water (1/2 teaspoon salt to a glass or warm water). Repeat this several times daily.
- Keep fingers and tongue away from socket.
- BLEEDING – It is normal for saliva to be slightly streaked with blood for 1-2 days. If abnormal bleeding occurs, place moist gauze over extraction site and bite down for 30-45 minutes.
- Following dental surgery it is normal to experience some discomfort. If medication has been prescribed, take as instructed.
- SWELLING & STIFFNESS – It is normal and should not cause alarm. Apply cold towels or ice bag for 15 minutes of each hour as needed.
- DIET – A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids.
- Return to the office if undue symptoms develop.

PERIODONTAL TREATMENT

- For pain or discomfort you may take over-the-counter pain medication.
- It is advisable to eat only soft food for the first 24 hours, and avoid any hard or spicy foods that could cause irritation.
- Drink plenty of water during the first-24 hours- at least 8 glasses are recommended.
- Place cold towels or an ice bag to the outside of your face in the treated area. Apply for 15 minutes, then removed for 15 minutes during the first 4-6 hours.
- On the morning after the treatment, rinse mouth with warm salt water (1/2 teaspoon salt to a glass of warm water) Repeat this several times daily.
- Brush teeth gently to help remove plaque that has started to form. We suggest using fluoridated, tartar control toothpaste.
- Don't use floss or other home tooth care products, such toothpicks or electric brushes, until the day after your treatment? Begin very gently at first.
- Because it is very common for periodontal disease to recur, patients should have regular checkups to monitor progress and prevent recurrence.

CROWN OR BRIDGE TREATMENT

- After your first appointment for crown and bridge treatment, a temporary crown is usually placed on the tooth or teeth involved. The temporary crown protects while the custom crown is being produced. Temporary cement is used to that the crown can be easily removed at your next appointment
- If your temporary crown comes off before your next appointment, place the temporary back on your tooth and call our office.
- With your temporary crown and with your permanent crown you may experience some discomfort due to irritation of the area during the treatment procedures. You may also notice sensitivity to cold or pressure.
- Your new permanent crown will be shaped and shaded especially to your teeth in color and fit. The temporary crown is made to serve you temporary, so its' color an fit are not custom-matched to your teeth.
- After your permanent crown is in place you may need a few days to adjust it. If you feel the bite is not correctly balanced, please call for an appointment and we can adjust it.
- Care for your new crown with proper brushing and flossing. It is especially important to keep the edge of the crown clean at the gum line.

Please follow these home care instructions carefully and call this office if you have a



POST OP INSTRUCTIONS FOR FILLINGS

Numbness from the anesthesia can last up to four hours after your appointment. Please be careful when eating or drinking hot liquids.

The injections sites and TMJ can remain sore or tender for a few days. Please take advil/Motrin/Tylenol or your pain medication of choice. Once the anesthesia has worn off and you feel any of the following, please call our office immediately so that necessary adjustments can be made.

1. Tooth feels "big" or "high", or like popcorn cornel is stuck. You may also feel like your bites off, meaning that it's the first tooth you hit when biting. Waiting can results in a sore tooth or toothache.
2. There is an area that is not smooth.
3. Discomfort upon chewing
4. Discomfort when flossing
5. Food gets trapped between the teeth.

If you don't feel the above symptoms sometimes a filling can be deep. In cases like this a medicine is placed inside the tooth to help protect the tooth. Sometimes the tooth can be sensitive to cold. *This is normal while the tooth is adjusting to the new filling. Sensitivity to cold can last up to a month.*

Discomfort during the night or if the tooth is uncomfortable in the absence of food, beverages etc. This may indicate the tooth is not responding well to the deep filling and you should contact the office as soon as possible. If you have any additional questions or concerns, please email us at dr.ria@goodyeardentistry.com or call us at 623-925-8208 ;(623)-341-3390; (623)-925-8208.