

## **Post Op Instructions: Home Care after Receiving White Fillings**

We used a local anesthetic to thoroughly numb the area we treated. This numbness in your lips, teeth and tongue might last for several hours after the procedure. To avoid damage to your tongue and lips, you should avoid any chewing until the numbness has completely worn off.

### **What if my filling hurts?**

It's normal to experience some sensitivity to heat, cold and pressure after your appointment. You can also expect some soreness in your gums for several days. Rinsing your mouth with warm salt water can help to alleviate discomfort and swelling. Dissolve a teaspoon of salt in a cup of warm water, and then gently swish the water around the tooth and spit. If the soreness or sensitivity lasts for more than a week, please call our office.

### **Do I have to be careful with my fillings?**

White fillings set completely immediately after they are placed, so as soon as the numbness from the anesthetic subsides, you can chew as you would normally. If your bite feels uneven, or if you have any questions or concerns about your new filling, be sure to give us a call.

---

## **Post Op Instructions: Home Care after Receiving Amalgam Fillings**

We used a local anesthetic to thoroughly numb the area we treated. This numbness in your lips, teeth and tongue will last for several hours after the procedure. To avoid damage to your tongue and lips, you should avoid any chewing until the numbness has completely worn off.

### **What if my filling hurts?**

It's normal to experience some sensitivity to heat, cold and pressure after your appointment. You can also expect some soreness in your gums for several days. Rinsing your mouth with warm salt water can help to alleviate discomfort and swelling. Dissolve a teaspoon of salt in a cup of warm water, and then gently swish the water around the tooth and spit. If the soreness or sensitivity lasts for more than a week, please call our office.

## **Do I have to be careful with my fillings?**

With silver fillings, you shouldn't chew hard foods or chew directly on the new fillings for the first 24 hours. If possible, chew only on the opposite side of your mouth. If your bite feels uneven, or if you have any questions or concerns about your new filling, be sure to give us a call.

---

## **Post Op Instructions: The Importance of a Temporary Crown or Bridge**

We will place a temporary crown or bridge to protect your teeth and gum tissues while a custom restoration is being created for you in a dental laboratory. In addition, this temporary will help prevent the adjacent teeth from shifting, ensuring that your final custom-crafted crown or bridge will fit. Temporary cement will be used to hold the restoration in place.

Although the temporary should be very comfortable, you may need to alter your eating and oral hygiene habits slightly to ensure the temporary stays in place between appointments.

- Avoid chewing gum and eating sticky or hard foods.
- If possible, chew only on the opposite side of your mouth.
- Brush and floss carefully each day, pulling the floss out from the side as you floss next to the temporary. Pulling out from the top can cause the temporary to come loose. If you have problems flossing, let us know.

It's vital to the proper fit of your final restoration that your temporary stays in place, if your temporary does come off, call us immediately so we can arrange to cement it back into place.

You should also call our office right away if:

- Your bite feels uneven
  - You have persistent pain
  - You have any questions or concerns
- 

## **Post Op Instructions: Home Care Following a Cosmetic Procedure**

Congratulations on your new smile! It's important that you remember it will take some time to adjust to the feel of your new bite. Here are some steps you can take to

make that adjustment smoother and more comfortable for you, and to ensure the success of your new smile:

- When your bite is altered, or the position of your teeth is changed, it will feel different for a few days. It takes several days for your brain to recognize and adjust to the new conditions in your mouth. If you detect any high spots or problems with your bite, call us to schedule an adjustment.
- It's normal for your teeth to be a bit sensitive to heat, cold and pressure. That's because we removed some tooth structure, and then placed new materials on your teeth. The sensitivity should subside after several days; if it doesn't, be sure to call our office.
- Your gums may also be sore and somewhat swollen for several days. Rinsing three times a day with warm salt water will relieve the pain and swelling. Dissolve one teaspoon of salt in one cup of warm water and gently swish, then spit carefully.
- Mild, over-the-counter pain medication should ease your discomfort during the adjustment period.
- Your speech might be affected slightly for the first few days; this is normal, and is not a cause for concern. You will quickly adapt to the new "feel" in your mouth, and be speaking normally.
- Your brain might respond to the new size and shape of your teeth by increasing salivary flow. This should subside to normal flow within a week.
- If you participate in sports, ask us about creating a Custom mouthguard to protect your new smile.
- Remember, any food or substance that can crack, chip, or in any way damage your natural teeth can do the same to your new restorations. Avoid or minimize tobacco, red wine, colas, coffee and tea. Don't chew on ice, pencils, fingernails, and avoid hard candy, popcorn hulls, and other unusually hard foods.

If you have any problems or concerns, you're always welcome to contact us.

---

## **Post Op Instructions: Home Care Following a Root Canal**

We used a local anesthetic to thoroughly numb the area being treated. This numbness in your lips, teeth and tongue might last for several hours after the procedure. You should avoid any chewing until the numbness has completely worn off.

### **Caring for your temporary crown or filling**

The temporary filling or crown was placed to protect your teeth while your custom restoration is being created in a dental lab. It's common for a small portion of a temporary filling to wear away or break off. This usually is not a problem. However,

you should take these precautions to ensure that your temporary filling or crown stays securely in place:

- Avoid chewing gum and eating sticky or hard foods
- If possible, chew only on the opposite side of your mouth
- Continue to brush normally
- Floss carefully each day pulling the floss out from the side as you floss next to the temporary—lifting the floss out from the top can cause the temporary to come loose

### **What if my tooth hurts?**

For the first few days after your root canal therapy, you may have some discomfort or sensitivity in the tooth that was treated, particularly if there was pain and infection prior to the treatment. If antibiotics have been prescribed for the infection, it's important that you take them for the full length of time indicated on the prescription, even if all signs of infection are gone. To control discomfort, we recommend that you take an over-the-counter pain reliever, following label directions. To further reduce pain and swelling, you can rinse three times a day with warm salt water. Dissolve a teaspoon of salt in a cup of warm water, and then gently swish the water around the tooth and spit.

### **Taking care of your new, permanent crown or filling**

Your permanent crown or filling should look natural and feel comfortable. Continue to brush and floss regularly to ensure that your restored tooth stays healthy. Please be sure to call our office if:

- Your bite feels uneven
- Your tooth feels "tight" or you have difficulty flossing around the tooth
- You have persistent pain
- You have any questions or concerns about your restored tooth