

Post-Operative Care Instructions

-Following Extraction of a tooth/teeth

*Moisten & fold the gauze squares you were given and place over the extraction site as you were shown.

*You may change the gauze squares every 15mins. You may continue to see blood on the gauze for many hours.

*If you have received a prescription, take it as directed.

***Do not take Aspirin**

***Do not drink anything through a straw.**

***Do not smoke.**

*Eat soft foods and avoid nuts, chips, rice-anything small and firm that could become lodged in the extraction site.

*You may apply ice to the affected side of the face.

*If stitches/sutures were placed, you will be advised if it is necessary to return to have them removed. If the sutures placed are dissolvable, you can expect them to come out on their own within 1 week.

*Call our office immediately if you have any concerns or if you think something is just not right with regard to the progress of your healing.

-Following placement of a Denture

*Remove the denture after meals and clean all surfaces. A toothbrush and toothpaste may be used, or you can use a denture cleanser. You may also want to rinse your mouth with Sea Salt dissolved in an ounce or two of warm water.

*You should also be removing the denture when you go to sleep at night unless it is an *Immediate Denture*-in which case you should *leave it in at night until we tell you it should be removed for sleeping.*

*It is possible and normal to have sore spots develop on the gums after the insertion of a new denture. Wearing a new denture has been likened to getting a new pair of shoes, but obviously the mouth's movement is much more sensitive and complicated than that of our feet. Please call our office if any such sores are evident & bothering you.

-Following Scaling & non-surgical Periodontal therapy

*Sensitivity is possible after the debris is removed from the teeth and roots, because effectively that debris was providing insulation.

* If you have been prescribed a *Fluoride* mouth rinse or gel, use it as directed *after thorough toothbrushing and flossing.*

*The aim of your therapy was to remove the bacteria (in the form of calculus, tartar and plaque) that was contributing to your gum disease. **Therefore, keep your teeth clean with good brushing and flossing-even if gums/teeth are tender.**

*Rinse your mouth with Sea Salt dissolved in warm water as many times per day as you would like. Anecdotally, Sea Salt seems to help the tissue heal faster.

*Keeping your mouth much cleaner than you had previously is the only way you can expect success from the non-surgical treatment that you received.

-Following treatment of a cavity (Fillings or Crowns/Onlays)

*Be careful to not bite the tongue, lips or cheeks while they are numb and unable to feel trauma. Because of this, it is a good idea to wait to eat until the anesthetic is worn off. Watch children especially closely while they are numb to ensure they are not hurting themselves.

*Brush and floss as normal-keep the treated tooth scrupulously clean to minimize sensitivity

*You may chew food upon any tooth recently treated, so long as doing so does not cause severe discomfort (see below)

***Sensitivity Following placement of filling material or crowns/onlays**

After tooth decay is removed and a filling is placed, it is normal to experience some sensitivity to cold or hot. It is also normal to feel that the treated tooth is tender to bite on. Sensitivity may last for months, but should generally be lessening as time goes by. *If your sensitivity seems to be getting worse, if your bite feels too high or if you are beginning to have spontaneous aching in the subject tooth, call Dr. Faber's office for a post-operative evaluation.*

Dental patients have a wide spectrum of severities/different experiences with post-operative sensitivity-from remarkable sensitivity to no sensitivity at all. Generally speaking, post-operative sensitivity is worse if the patient is a *bruxer* (grinds their teeth at night), has an uncorrected orthodontic condition (called *Malocclusion*), if the decay in the subject tooth was deep, or if the tooth/teeth are not kept very clean. Please call and discuss any concerns you have after treatment.