

PDA Dental - Post Operative Instructions

General Guidelines for All Procedures:

Do not chew on hard, sticky or chewy foods for at least 24 hours. Never chew on ice. Avoid aggressive chewing and sticky foods such as “hard tack” candies that can loosen or damage a restoration. Carefully follow all guidelines provided by the doctor and their staff and most importantly practice good oral hygiene. Additional instructions following various types of treatment are listed below. Please click on the below topics for detailed instructions. In the event of an emergency, please call our office. If you are experiencing a serious or life-threatening emergency, please call 911 or visit the nearest emergency room.

Instructions Following Crown and Bridge

Crowns and Bridges may take one to three visits to complete. The dentist will inform you of your treatment options and the time needed to complete the procedure. You may have some sensitivity following treatment with tenderness around the gum and tooth for a day or two. If the tenderness or sensitivity lasts longer than this please contact our office. If anesthesia is used, avoid chewing, biting, and eating until the numbness has worn off. If you have a temporary placed eat softer foods and avoid foods that are particularly crunchy, chewy or hard. If the temporary restorations become loose or break, please call us immediately.

Carefully clean around the restoration, brushing and flossing daily. When flossing, take extra care not to loosen the temporary restoration by removing the floss too roughly. You can slowly thread the floss out by one end if necessary to avoid too much pressure on the temporary.

Once your final restoration has been placed avoid chewing on hard, crunchy or sticky foods for 24 hours in order to give time for the cement to fully bond. Mild sensitivity to hot or cold foods is not unusual and should dissipate after a few weeks. If sensitivity lasts more than six weeks please let the office know, although this happens infrequently.

Ongoing care for your restoration includes brushing your teeth after every meal and snack, and flossing at least once a day before bedtime. Rinsing your mouth with water or mouthwash with also help to remove any additional particles that may have been missed during brushing and flossing.

Please call our office if you are in pain or have any questions regarding your treatment.

Instructions Following Fillings

Do not eat or chew until any numbness from anesthesia has worn off. If you are supervising a child who had treatment, make certain that they are not eating or chewing while numb. Please make sure they do not bite their lips or tongue as it can cause serious injury to their soft tissue. Avoid sticky, crunchy or hard foods for 24 hours.

Sensitivity to cold and heat, as well as any soreness, shouldn't last more than a few days. Please call our office if you experience pain or discomfort for more than a few days.

Instructions Following Dentures of Partial Delivery

You may have discomfort for a few days after receiving your final dentures or partials. Dentures and partials will often need several adjustments in order to fit comfortably. To help adjust to your dentures you can practice reading aloud for a little while each day. At night you should remove your dentures and clean them. They should be stored in a clean container filled with denture cleaning solution. Dentures should be removed for at least 6 hours a day to give your mouth and gums time to rest. Food particles can become trapped under dentures causing inflammation or sore spots. Brush the roof of your mouth, your tongue and lightly brush your gums after removing your dentures.

Ongoing care for your restoration includes brushing your teeth and surrounding tissues after every meal and snack, and flossing at least once a day before bedtime unless you have full dentures, in which case brushing them is very important. Rinsing your mouth with water or mouthwash will also help to remove any additional particles that may have been missed during brushing and flossing.

You should visit our office at least once a year to have your dentures or partial adjusted and checked by the doctor. Wearing ill-fitting dentures or partials without proper care and adjustment can cause severe bone loss and very serious oral disease. Please call our office at the first signs of any symptoms or if you are experiencing ongoing pain or discomfort.

Instructions Following Scaling and Root Planing

Scaling and root planing therapy includes removing tartar and bacterial plaque from the root surface below the gum line. This helps reduce inflammation and infection and improves the depth of periodontal pockets, therefore allowing more efficient flossing and brushing.

For the first 24 hours you may experience some cold and heat sensitivity. Do not eat, drink, chew or consume hot foods or beverages until the numbness has worn off following anesthetic. Avoid vigorous physical exercise as well as foods and are extremely hot or spicy for the first 24 hours. Do not consume alcoholic beverages or smoke for at least 48 hours. Some bleeding following a deep cleaning is normal, but if you experience excessive bleeding please call our office.

You can take ibuprofen or acetaminophen according to the instructions on the label or those provided by your doctor as needed. A warm salt water rinse, approximately one teaspoon in an eight-ounce glass of water, three times a day can be helpful. Brush and floss gently following a deep cleaning, resuming normal brushing and flossing when the soreness is gone.

Follow any other instructions provided by our office on your visit. Please take all medications as prescribed.

Instructions Following Dental Extractions

Immediately following surgery, keep the gauze pad placed over the surgical area with pressure applied by biting down until the bleeding stops. A certain amount of bleeding is to be expected following a surgical procedure. Placing the gauze pad over the area and biting firmly may control excessive bleeding. Slight bleeding, oozing, or redness in the saliva is not uncommon. Repeat as necessary within a one-hour period following surgery.

If you have been prescribed pain medication besides aspirin, Tylenol or ibuprofen (Advil or Motrin), do not drive, operate heavy equipment, work around machinery or tools or engage in any other activity that may be unsafe when groggy, as your reflexes and judgment will be affected by the medication. Do not take more than 800mg every 4-6 hours. Medication should not be taken on an empty stomach. If you have been placed on antibiotics, take the medicine as directed. Antibiotics may be prescribed to help prevent infection.

Swelling around the face, eyes and surgical site is not uncommon. This swelling may not appear until the day following the surgery and may become more noticeable two to three days following surgery. You can

help to minimize the swelling by applying a cold compress on the face near the extraction site alternating on for 20 minutes then off for 20 minutes. After 36 hours the ice will have no further impact on swelling. After this period, the application of moist heat to the sides of the face can help reduce swelling.

For 24 hours following your surgery, do not suck on a straw, brush, rinse, spit, or smoke. Avoid hot and spicy foods, carbonated and alcoholic beverages. During the first few days after surgery restrict your diet to liquids and soft foods such as soups, yogurt, juice, and smoothies. Restrict your activities on the day of your surgery, avoid excessive work or play and resume normal activity the following day as tolerated.

After the first day, gently rinse with a warm salt water rinse, approximately one-half teaspoon of salt in an eight-ounce glass of water, three times a day.

If any sutures were required, they will dissolve on their own in 7-10 days. It will not be necessary to return to the office for sutures to be removed.

Children should be supervised after having an extraction to make sure they do not bite or their tongue or lips as it can cause serious injury to their soft tissue.

Please call our office if you experience severe pain, excessive bleeding or swelling, or if you have any questions or concerns. In the event of an emergency, please call our office. If you are experiencing a serious or life-threatening emergency, please call 911 or visit the nearest emergency room.

Instructions Following Implant Surgery/Implant Treatment

Some pain, bleeding, swelling and seeping are normal following oral surgery. A cold compress placed on the face near the extraction site for 30 minutes every five to ten minutes on the day of your surgery can be helpful. This will help reduce pain and swelling. Do not miss your follow up appointment(s) with your dentist and do not probe the area with your tongue or fingers. Please do not touch your lips to see or feel the area treated. Avoid brushing your teeth near the surgery site but brush and floss the rest of your mouth as instructed by the office. You can take ibuprofen or acetaminophen according to the instructions on the label or those provided by your doctor as needed. A warm salt water rinse, approximately ½ teaspoon in an eight-ounce glass of water, three times a day can be helpful.

For the first 24 hours you may experience some cold and heat sensitivity. Do not eat, drink, chew or consume foods and beverages that are extremely hot or spicy until the numbness has worn off following the anesthetic. Avoid vigorous physical exercise for the first 24 hours and do not consume alcoholic

beverages or smoke for at least 48 hours. Do not brush, rinse or spit. Do not use a straw for drinking. During the first few days after surgery a diet of liquids and soft foods such as soups, yogurt, juice and smoothies are recommended. If you experience excessive bleeding or discomfort after 48-72 hours, please call our office immediately.

Follow any other instructions provided by the office on your visit. Please take all medications as prescribed including your prescribed antibiotics to help prevent infection.

Instructions Following Root Canal Therapy

Thank you for selecting us for your root canal therapy. Please follow the guidelines below and contact us with any questions.

1. For the next 30 minutes, do not eat or drink anything. You have a temporary filling that takes about 1/2 hour to harden. Please do not feel around your tooth with your tongue.
2. If any prescriptions were given, please have them filled promptly. If no prescriptions were given and you are not allergic, you may use any ibuprofen type of medication such as Motrin or Advil, 3 tablets (600mg) every 6-8 hours as needed for discomfort and alleviation of swelling. Alternatively, you may use Tylenol, 1000mg every 6-8 hours as needed. Do not exceed the guidelines printed on the label for any medication. If you are unable to achieve adequate pain control, please call our office.
3. You may find using an ice pack on the affected area helpful. Please do not apply ice directly to the skin, have a cloth between the ice and skin at all times. You may apply the ice for up to 20 minutes on and 20 minutes off for the next 6-8 hours as needed.
4. Once you begin to eat and drink, avoid chewing or biting on the area worked on until your permanent restoration is in place. The area may be more sensitive due to swelling. The temporary in place is a soft composite that is vulnerable to fracturing (cracking) with hard substances such as peanuts, pretzels, hard candy, ice cubes, etc. You will need to see a restorative dentist within a month to have a permanent crown placed. Please contact your restorative dentist to make an appointment at your earliest convenience. Waiting longer than a month increases the chances that the temporary will fracture and/or decay will develop, in which case, you are at fault and will be responsible for all costs to have it redone.
5. Please keep the area worked on clean by gently brushing the area and flossing regularly.

6. It is rare for a temporary filling to fall out although it may divot while in use. If the temporary falls out, please contact your general dentist as soon as possible. If your temporary falls out after office hours, you may purchase some temporary filling material from a pharmacy and follow the included instructions.
7. Some discomfort is normal for 2 to 4 days following the treatment. In some cases the tooth and surrounding tissue may be sore for a few weeks following the treatment.
8. Normal brushing and flossing are okay, unless otherwise specified by your doctor. Follow any other instructions provided by the office on your visit. Please take all medications as prescribed.

THIS SECTION IS VERY IMPORTANT, PLEASE READ CAREFULLY

While flare-ups are rare, they occur in about 5% of cases and cause significant pain. They occur with teeth that are extremely irritated and/or infected or with teeth that have a history of prior treatment. These sometimes occur randomly, even on patients that have had root canals done in the past without problems. If you have a flare-up you may experience moderate to severe pain, swelling, throbbing or general discomfort; please contact our office. You may be prescribed additional medication such as antibiotics and/or you may be asked to come to the office for further treatment. Should you experience any of these symptoms, please contact the office, even after hours.

Instructions Following Whitening

For the first 48 Hours Following Bleaching:

Teeth are more susceptible to staining for 48 hours after bleaching treatments. For the 48 hours after whitening, it is best to avoid dark-colored food or beverages that can stain your teeth. Any item that can stain your clothes, can also stain your teeth.

Avoid: berries, cola or other dark sodas, red wine, coffee and tea, tobacco and ketchup, soy or other dark sauces.

Using Your Custom Trays:

Follow the instructions given by our office, placing the bleaching gel in the center of each tooth position on the tray so that the gel will rest against the anterior surface of the teeth once it is placed in your mouth.

Wear trays for the recommended time. Rinse the mouth and gently remove any gel remaining on your teeth with a soft bristle toothbrush. Clean the trays.

Instructions Following Invisalign

Do

- Use your fingers to put your aligners in place. First place the aligners over your front teeth, and then use your fingers to push the aligner down gently over your molars.
- Aligners will fit tightly at first but should fit well at the end of the two-week period.
- Keep aligners in except when flossing, brushing, eating. It's also best to remove the aligners when drinking warm beverages such as coffee or tea.
- Remove the aligner by pulling it off both sides of your back teeth simultaneously then lifting it off of your front teeth.
- Place your aligners in the case we provided any time they are not being worn.
- Clean aligners with a toothbrush and toothpaste.
- Wear each set of aligners for two weeks unless our office directs you to vary from this schedule.
- Wear aligners in the correct numerical order. (Each aligner is labeled by number and with a U or an L to designate upper or lower.)
- Keep all of your old aligners and bring them to your orthodontic appointments.

Don't

- Don't place your aligners in or on a napkin or tissue. Many aligners have accidentally been thrown out this way!
- Don't use your teeth to "bite" your aligners into place.
- If you have pets, don't place your aligners anywhere that your pets can reach them. Pets are attracted to saliva and would enjoy chewing on your Invisalign trays!
- Do not use Denture cleaner, alcohol, or bleach to clean your aligners.
- Do not use boiling water or warm water on your aligners.
- Don't chew gum with your aligners in.
- It would be best not to smoke while wearing aligners. The smoke can stain the aligners as well as your teeth.

Just in Case

If you lose the tab attached to your tooth that helps the aligner snap on, please call our office right away so that we can determine if you need to come in before your next scheduled appointment.

If you lose one of your aligner trays, please wear the next tray if you have it. If you do not have the next tray, please wear the previous tray. It is extremely important to use a tray to keep teeth from shifting. Call our office to let us know which tray was lost so that we can determine if a replacement tray is needed. There will be a fee if replacement trays are required.

Pediatric Dentistry After Care

Post-Operative Instructions Following Cleaning

A thorough cleaning may produce some bleeding and tenderness or discomfort around the gums. If this persists 2-3 days after the cleaning, you may rinse with warm salt water 2-3 times per day. For discomfort you may also give your child Children's Tylenol, Advil or Motrin as directed for the age and weight of your child.

Post-Operative Instructions Following Fluoride

After most fluoride treatments, patients should not eat or drink for at least 30 minutes to increase the fluoride's direct contact with the teeth.

Post-Operative Instructions Following Sealants

After a sealant is placed, your child may feel the coating on their teeth. The feeling subsides within 24 hours. After the sealant appointment your child should refrain from eating and sticky or chewy foods for 24 hours.

Post-Operative Instructions Following Anesthesia

Monitor your child closely for approximately two hours following the appointment. It is often wise to keep your child on a liquid or soft diet until the anesthetic has worn off. Remind your child to refrain from biting, picking, scratching, sucking, or playing with the numb areas.

Post-Operative Instructions Following Operative Care/Fillings

Some tooth and gum tissue manipulation were necessary to perform the procedure and may result in sensitivity or discomfort. Should this occur, you may give your child Children's Tylenol, Advil or Motrin as directed for the age and weight of your child. If sensitivity or discomfort continues for more than 24 hours, please contact our office.

Post-Operative Instructions Following Pulp Treatment

If your child is experiencing sensitivity after this treatment, you may give your child Children's Tylenol, Advil or Motrin as directed for the age and weight of your child. If sensitivity or discomfort continues for more than 24 hours, please contact our office.

Post-Operative Instructions Following Extractions

Please instruct your child not to rinse, spit, or drink through a straw. Have them keep fingers and tongue away from the area. If unusual or sustained bleeding occurs, place cotton gauze firmly over the extraction area and bite down or hold in place for thirty minutes. Repeat every thirty minutes until the area is no longer bleeding. Maintain a soft diet for a day or two, or until the child feels comfortable eating normally again. Avoid strenuous exercise and physical activity for the rest of the day after the extraction. For discomfort use Children's Tylenol, Advil, or Motrin as directed for the age and weight of your child. If sensitivity or discomfort continues for more than 24 hours, please contact our office.

Periodontic Post-Op Instructions

Soft Tissue Graft

After your procedure please do not disturb the area. Avoid forcefully rinsing or spitting. Some bleeding is normal for the first 24 hours. Biting on a gauze pad placed directly on the wound for 30 minutes will help reduce bleeding. If bleeding continues please call our office.

Please take all medications, including mouth rinses, as prescribed.

Warm salt water rinses (one-half teaspoon of salt in a cup of warm water) can be used 4-5 times a day after meals. Brush your teeth with a soft manual toothbrush. Be gentle with brushing the surgical areas. Sutures may be placed after the surgery and most sutures dissolve on their own.

Swelling and bruising may occur. The use of ice packs following your surgery will help diminish the swelling you may experience in the next 48-72 hours. Applying ice for 15-20 minutes followed by resting the same amount of time works very well.

Drink plenty of fluids. Stay away from spicy foods. Also avoid sharp and crunchy foods like tacos, chips and nuts. Tobacco and alcohol should not be used. Alcohol should not be used in combination with pain medications nor antibiotics.

Keep physical activities to a minimum immediately following surgery.

If a surgical bandage was used, it is desirable for it to remain in place for 24 hours. Do not remove it; it will come off when ready. Once removed, you can begin cleaning the wound gently with a cotton swab dipped in a mouth rinse.

During office hours, immediate attention will be given to your situation, and you will be seen as soon as possible. After office hours, please give the office call and follow the instructions provided. Your call will be returned as soon as possible. In the event of an emergency, please call our office. If you are experiencing a serious or life-threatening emergency, please call 911 or visit the nearest emergency room.

Follow any other instructions provided by the office on your visit. Please take all medications as prescribed including your prescribed antibiotics to help prevent infection.

Crown Lengthening

After your procedure please do not disturb the area. Avoid forcefully rinsing or spitting. Some bleeding is normal for the first 24 hours. Biting on a gauze pad placed directly on the wound for 30 minutes will help reduce bleeding. If bleeding continues please call our office.

Please take all medications, including mouth rinses, as prescribed.

Swelling and bruising may occur. The use of ice packs following your surgery will help diminish the swelling you may experience in the next 48-72 hours. Applying ice for 15-20 minutes followed by resting the same amount of time works very well.

After 24 hours, brushing and oral hygiene procedures should be done as usual in all untreated areas. In the treated areas, please limit your oral hygiene to brushing using a soft manual toothbrush. Avoid dental flossing in treated areas during the first week following surgery. No undiluted mouthwash, salt water or peroxide rinses should be used during the first week following surgery.

Drink plenty of fluids. Stay away from spicy, acidic, and foods. Also avoid sharp and crunchy foods like tacos, chips and nuts. Tobacco and alcohol should not be used. Alcohol should not be used in combination with pain medications nor antibiotics.

Keep physical activities to a minimum immediately following surgery. Avoid strenuous activity for 2-3 days.

During office hours, immediate attention will be given to your situation, and you will be seen as soon as possible. After office hours, please give the office call and follow the instructions provided. Your call will be returned as soon as possible. In the event of an emergency, please call our office. If you are experiencing a serious or life-threatening emergency, please call 911 or visit the nearest emergency room.

Osseous Surgery (aka Pocket Depth Reduction)

After your procedure please do not disturb the area. Avoid forcefully rinsing or spitting. Do not drink through a straw.

Some bleeding is normal for the first 24 hours. Biting on a gauze pad placed directly on the wound for 30 minutes will help reduce bleeding. If bleeding continues please call our office. Please take all medications, including mouth rinses, as prescribed.

After 24 hours, warm salt water rinses (one-half teaspoon of salt in a cup of warm water) can be used 4-5 times a day after meals. After 24 hours, brush your teeth with a soft manual toothbrush. Be gentle with brushing the surgical areas.

Sutures may be placed after the surgery and most sutures dissolve on their own.

Swelling and bruising may occur. The use of ice packs following your surgery will help diminish the swelling you may experience in the first 48-72 hours following surgery. Applying ice for 15-20 minutes followed by resting the same amount of time works very well. After 24 hours if swelling is still present, a warm pack can be applied to aid in comfort and reduce swelling and bruising. Alternate the warm pack on and off in 15-minute intervals, as needed.

Drink plenty of fluids. Stay away from spicy foods. Also avoid sharp and crunchy foods like tacos, chips and nuts. Tobacco and alcohol should not be used 24 hours following surgery. Alcohol should not be used in combination with pain medications nor antibiotics.

Keep physical activities to a minimum immediately following surgery.

During office hours, immediate attention will be given to your situation, and you will be seen as soon as possible. After office hours, please give the office call and follow the instructions provided. Your call will be returned as soon as possible. If you are experiencing a serious or life-threatening emergency, please call 911 or visit the nearest emergency room.

Oral Surgery Post-Op Instructions

Post-Operative Instructions for Wisdom Teeth (3rd Molars)

Immediately following surgery, keep the gauze pad placed over the surgical area with pressure applied by biting down until the bleeding stops. A certain amount of bleeding is to be expected following a surgical procedure. Placing the gauze pad over the area and biting firmly may control excessive bleeding. Slight bleeding, oozing, or redness in the saliva is not uncommon. Repeat as necessary within a one-hour

period following surgery. To help minimize bleeding, refrain from physical exercise, sitting up, and excitement. You may become dizzy when getting up following surgery and for a few days after the surgery. Sit up slowly and give yourself a minute to adjust before getting up and walking.

Swelling and stiffness are to be expected the first 24 hours after surgery. Swelling around the face, eyes and surgical site is not uncommon. This swelling may not appear until the day following the surgery and may become more noticeable two to three days following surgery. You can help to minimize the swelling by applying a cold compress on the face near the extraction site alternating on for 20 minutes then off for 20 minutes. After 36 hours the ice will have no further impact on swelling. After this period, the application of moist heat to the sides of the face can help reduce swelling.

If you have been prescribed pain medication besides aspirin, Tylenol or ibuprofen (Advil or Motrin), do not drive, operate heavy equipment, work around machinery or tools or engage in any other activity that may be unsafe when groggy, as your reflexes and judgment will be affected by the medication. Medication should not be taken on an empty stomach. If you have been placed on antibiotics, take the medicine as directed. Antibiotics may be prescribed to help prevent infection.

For 24-48 hours following your surgery, do not suck on a straw, drink from a bottle, rinse, spit, or smoke. Doing so may result in dislodging the clot and promote bleeding. Avoid hot and spicy foods, carbonated and alcoholic beverages. During the first few days after surgery restrict your diet to liquids and soft foods such as soups, yogurt, juice, and smoothies. Avoid vigorous activities for three to four days after surgery. No heavy lifting. You may go back to your normal routine as tolerated.

Rinsing, spitting and brushing should be avoided the day of surgery. Resume brushing the day after surgery, avoiding surgical sites with the toothbrush. After brushing, rinse gently with warm salt water (1/2 teaspoon of salt mixed with eight ounces of warm water). Start the day after surgery 3x day for 7-10 days. Rinsing with warm salt water will help keep the surgical areas clean and help dissolve the sutures. Please do not use the irrigating syringe for the first five days. After five days, fill the syringe with warm salt water and flush out the socket. This will flush out any food or debris.

If numbness of the lip, chin, or tongue occurs there is no cause for alarm. This is usually temporary in nature. You should be aware that if your lip or tongue is numb, you could bite it and not feel the sensation.

A dry socket may appear and happens when a blood clot gets dislodged prematurely from the walls of the tooth socket. Symptoms of severe and/or throbbing pain at the surgical site, the ear, chin, adjacent teeth, and jaw three to four days following surgery that does not respond to pain medication can indicate a dry socket.

Please call our office if you experience severe pain, excessive bleeding or swelling, or if you have any questions or concerns. In the event of an emergency, please call our office. If you are experiencing a serious or life-threatening emergency, please call 911 or visit the nearest emergency room.

Direct Sinus Lift

Please refrain from blowing your nose for up to four (4) weeks following your surgery. Do not hold your nose when sneezing. Please take all medications as prescribed, including decongestants as necessary. Avoid flying in pressurized aircraft, scuba diving, bearing down when lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action or any other activity that increases nasal or oral pressure for at least four weeks after surgery.

It is important to keep your mouth clean after surgery to reduce the risk of infection and promote rapid healing. Start salt water rinses (one-half teaspoon of salt dissolved in an eight-ounce glass of water) the evening of surgery or the day following your procedure after each meal or four to five times daily.

Brush your teeth gently with a soft manual toothbrush on the evening of your surgery or the first post-operative day and continue at least twice a day.

Drink plenty of liquids. Eat soft foods for the first several days after surgery. Advance to a regular diet as you become more comfortable. Please avoid chewing or creating pressure on the bone graft site. Please avoid drinking alcoholic beverages or smoking during the first one to two weeks following your surgery.

All removable appliances including partial dentures, flippers and full dentures must be checked for proper fit before they can be worn.

Swelling and bruising may occur. The use of ice packs following your surgery will help diminish the swelling you may experience in the next 48-72 hours. Applying ice for 15-20 minutes followed by resting the same amount of time works very well.

If you experience severe or persistent sinus or nasal congestion, please let us know.

During office hours, immediate attention will be given to your situation, and you will be seen as soon as possible. After office hours, please give the office call and follow the instructions provided. Your call will be returned as soon as possible. If you are experiencing a serious or life-threatening emergency, please call 911 or visit the nearest emergency room.