

## **Post-operative Instructions - Composite/White Filling**

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort:

- IF POSSIBLE, DO NOT EAT UNTIL THE ANESTHETIC HAS WORN OFF to avoid accidentally biting lips, cheek or tongue.

- YOU CAN RESUME YOUR NORMAL DIET BUT SOFT FOODS AND EATING ON THE OTHER SIDE MAY FEEL MORE COMFORTABLE FOR THE FIRST 24 HOURS.

Composite/White fillings are fully set once placed so there is no waiting period required before chewing against it. However, it is normal for the tooth/teeth to feel sensitive following the restoration so eat only what is comfortable to you and if needed, chew on the other side for the first 24 hours.

- YOUR TOOTH/TEETH MAY FEEL SENSITIVE BUT THIS IS NORMAL and should subside over the next few weeks. This may include sensitivity to hot, cold and pressure. As long as the sensitivity continues to lessen there is no need for concern. If the pain is severe or you are unable to bite down on the tooth/teeth after 2-3 days, please call our office.

- BE CAREFUL WHEN BRUSHING AND FLOSSING. It is important to continue your normal brushing and flossing routine but it is normal for the tooth/teeth that have been worked on and surrounding gum tissue to be sore for the first few days, so gentle brushing and flossing of that area may be more comfortable. If you use an electric toothbrush, you can try turning off the brush and manually brushing that tooth gently if needed.

- RINSE WITH WARM SALT WATER TO REDUCE GUM TISSUE SORENESS. It is normal for your gum tissue to be slightly swollen or sore following this procedure. Use 1 teaspoon of salt per 1 cup of water and gently rinse and repeat

this action 3-4 times per day for the first 1-3 days as needed. If a prescription rinse is prescribed to you instead, please use as directed.

- TAKE MEDICATION as instructed by the doctor. To reduce pain or soreness, Ibuprofen (Motrin or Advil) up to 800mg every 6 hours can be taken unless you are allergic or have otherwise been instructed not to take it.

Please call our office if:

- If you experience severe pain or swelling that does not dissipate around the restoration site.
- If after the first 2-3 days, your bite feels uneven or you are unable to bite down on the tooth without experiencing sharp pain.

## **Post-Operative Instructions- Crown, Bridge, or Veneer with Temporary Restoration Placed**

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort or inconvenience:

- IF POSSIBLE, DO NOT EAT UNTIL THE ANESTHETIC HAS WORN OFF to avoid accidentally biting lips, cheek or tongue.
- DO NOT EAT ANYTHING STICKY, CHEWY OR HARD as this may pull off or break your temporary restoration. These temporary restorations are not just cosmetic; they serve as placeholders for your permanent restoration to protect your tooth from damage, help promote gum tissue healing and prevent shifting of your tooth or the teeth around it. So if your temporary restoration breaks or comes off prior to your next appointment, please give our office a call so that we can advise you on how to proceed or if you will need to come in. \*If you have temporary restoration on your front tooth/teeth, it is very important that you not bite directly into any foods with your front teeth and instead cut up your food and chew with your back teeth.
- BE CAREFUL WHEN BRUSHING AND DO NOT FLOSS AROUND TEMPORARY. Gently manually brush the temporary restoration. If you use an electric toothbrush, turn off the brush and manually brush the temporary restoration. Do not floss the restoration is possible as this can dislodge the temporary. Also, if you use a Waterpik or other water flossing device, do not use around the temporary restoration.
- YOUR TOOTH/TEETH MAY FEEL SENSITIVE BUT THIS IS NORMAL and should subside over the next few days. If the pain is severe or you are unable to bite on the tooth after 3-4 days, please call our office as your tooth and temporary may need further evaluation.
- RINSE WITH WARM SALT WATER TO REDUCE GUM TISSUE SORENESS. It is

normal for your gum tissue around the restoration to be slightly swollen or sore following this procedure. Use 1 teaspoon of salt per 1 cup of water and gently rinse and repeat this action 3-4 times per day for the first 1-3 days as needed. If a prescription rinse is prescribed to you instead, please use as directed.

- TAKE MEDICATION as instructed by the doctor. To reduce pain or soreness, Ibuprofen (Motrin or Advil) up to 800mg every 6 hours can be taken unless you are allergic or have otherwise been instructed not to take it.

Please call our office if:

- your temporary restoration breaks or comes off prior to your next appointment.

If our office is closed, you may try to put the temporary back on with toothpaste. This is not an emergency and does not warrant an emergency phone call, but we will want to replace it within a few days.

- you experience severe pain or swelling that does not dissipate around the restoration site.

- after the first 2 days, you are unable to bite down on the tooth without experiencing sharp pain.

- you have an allergic reaction to any medication you have taken.

### **Post-Operative Instructions - Extraction(s)**

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort:

- IF POSSIBLE, DO NOT EAT UNTIL THE ANESTHETIC HAS WORN OFF to avoid accidentally biting lips, cheek or tongue.
- APPLY BITING PRESSURE for 30 minutes to 1 hour to gauze to help stop bleeding and allow a blood clot to form. Mild bleeding/oozing following an extraction is normal for up to 24 hours.
- PLACE AN ICE PACK or bag of frozen vegetables on the side of your face where the tooth/teeth were removed. Repeat every 30 minutes for the first 24 hours as needed to reduce swelling.
- DO NOT SMOKE, VAPE, OR USE TOBACCO for 72 hours following procedure. Smoking (any kind) significantly increases the risk of dry socket, which can be very painful.
- DO NOT SPIT, SUCK THROUGH A STRAW or SUCK ON CANDIES OR LOZENGES. Doing so could dislodge the clot and increase your risk of infection or dry socket.
- SUTURES WILL DISSOLVE on their own within a few days. It is not uncommon to lose them earlier. As best you can, please refrain from picking at them or playing with them with your tongue.
- TAKE MEDICATION as instructed by the doctor. To reduce pain, Ibuprofen (Motrin or Advil) up to 800mg every 6 hours can be taken unless you are allergic or have otherwise been instructed not to take it.
- BE CAREFUL WHILE BRUSHING. Do not brush at or near the extraction site for

the first 24 hours. When rinsing out toothpaste, do not swish water vigorously or spit. Simply tilt head from side to side to allow water to flow from one side of the mouth to the other and then lean over the sink and allow the water to fall out of your mouth.

- REST. Limit your activity for the first 24 hours and elevate your head when lying down.

- IF POSSIBLE, DO NOT EAT UNTIL ANESTHETIC HAS WORN OFF AND BE CAREFUL WHAT YOU EAT. For the first 24 hours, do not drink anything hot, carbonated or alcoholic and do not eat anything spicy or hot. Soft foods are best during this time and if possible, chew on the opposite side. After the first 24 hours, you may eat whatever is comfortable for you unless otherwise instructed by the doctor.

- AFTER THE FIRST 24 HOURS, YOU CAN RINSE WITH WARM SALT WATER especially after meals to help reduce swelling even further and prevent food particles from contaminating the site. Use 1 teaspoon of salt per 1 cup of water and gently rinse.

Please call our office if:

- If persistent bleeding occurs such that your mouth is filling up with blood and you are unable to stop it by biting on gauze
- If your pain or swelling continues beyond 3 days.
- If you have an allergic reaction to any medication you have taken.
- If you detect a bad taste or odor in the mouth

## **Post-Operative Instructions - Scaling & Root Planing (Deep Cleaning)**

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort or inconvenience:

- IF POSSIBLE, DO NOT EAT UNTIL THE ANESTHETIC HAS WORN OFF to avoid accidentally biting lips, cheek or tongue.
- FOR THE FIRST 24 HOURS, A SOFT DIET IS RECOMMENDED. , it is normal for the teeth and gums to feel sensitive or sore following this procedure so eat only what is comfortable to you and if needed, chew on the other side for the first 24 hours. Also, avoid anything spicy, acidic or hot (temperature) as these types of food can trigger discomfort.
- BE CAREFUL WHEN BRUSHING AND FLOSSING BUT MAINTAIN GOOD ORAL HYGIENE. It is important to continue a good brushing and flossing routine but it is normal for the tooth/teeth that have been worked on and surrounding gum tissue to be sore for the first 24-48 hours so gentle but thorough brushing and flossing of that area may be more comfortable. If the office has recommended use of other oral hygiene aids such as a rubber tip stimulator, proxabrush, soft picks, etc. please utilize those as instructed. Slight bleeding may occur while brushing for the first 24-48 hours but this is normal.
- YOUR TOOTH/TEETH MAY FEEL SENSITIVE BUT THIS IS NORMAL and should subside over the next few days. Using desensitizing toothpaste like Sensodyne can help alleviate your teeth sensitivity. If the pain is severe and you are unable to bite on the tooth after 3-4 days or you develop a large swelling, please call our office as you may need further evaluation.
- RINSE WITH WARM SALT WATER TO REDUCE GUM TISSUE SORENESS. It is normal for your gum tissue around the restoration to be slightly swollen or sore following this procedure. Use 1 teaspoon of salt per 1 cup of water and gently rinse and repeat this action 3-4 times per day for the first 1-3 days as needed. If a prescription rinse is prescribed to you instead, please use as directed.
- AVOID SMOKING FOR THE FIRST 48 HOURS as smoking delays the healing of the gum tissues and can substantially reduce the success of the treatment.
- TAKE MEDICATION as instructed by the doctor. To reduce pain or soreness, Ibuprofen (Motrin or Advil) up to 800mg every 6 hours can be taken unless you are allergic or have otherwise been instructed not to take it.
- KEEP YOUR APPOINTMENTS. It is important to come in for your routine cleaning appointments at the appropriate times as instructed by the office. Additionally, the office may recommend that you return for further evaluation or gum treatment or recommend more frequent intervals for your routine care. This is all done to create a successful plan to maintain the health of your gums and reduce the damaging effects of periodontal disease

(gum disease). Delaying or cancelling these appointments could contribute to a more rapid deterioration of your gum health which may result in pain and/or loss of teeth.

Please call our office if:

- If you experience severe pain or swelling that does not dissipate.
- If after the first 2 days, you are unable to bite down without experiencing sharp pain.
- If you have an allergic reaction to any medication you have taken.



## **Post-Operative Instructions- Root Canal Therapy**

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort:

- AS A REMINDER, ROOT CANAL THERAPY CAN TAKE 1-2 APPOINTMENTS TO COMPLETE. Please return for any subsequent appointments as needed.
- IF POSSIBLE, DO NOT EAT UNTIL THE ANESTHETIC HAS WORN OFF to avoid accidentally biting lips, cheek or tongue.
- DO NOT EAT ANYTHING STICKY, CHEWY OR HARD AND IF POSSIBLE EAT ON THE OTHER SIDE as this may pull off or break a temporary restoration or can crack the remaining tooth structure present. These temporary restorations are not just cosmetic; they serve to protect the tooth from bacteria contaminating the root canal surfaces until a permanent crown can be placed. It is normal to sometimes feel that the temporary restoration feels shallower than when it was first placed. The temporary restoration is placed deeply into the tooth so there should still be enough of it in place to protect the tooth. However, if your temporary restoration come out completely prior to the placement of your permanent crown, please give our office a call so that we can advise you on how to proceed or if you will need to come in.
- BE CAREFUL WHEN BRUSHING AND FLOSSING. It is important to continue your normal brushing and flossing routine but it is normal for the root canaled tooth/teeth and surrounding gum tissue to be sore for the first 24-48 hours so gentle brushing and flossing of that area may be more comfortable. If you use an electric toothbrush, you can try turning off the brush and manually brushing that tooth gently.
- YOUR TOOTH/TEETH AND THE GUM TISSUE AROUND IT MAY FEEL ACHY AND SORE BUT THIS IS NORMAL and should subside over the next few days. If the pain is severe or you are unable to bite on the tooth after 3-4 days, please call our office as your tooth/teeth may need further evaluation.
- RINSE WITH WARM SALT WATER TO REDUCE GUM TISSUE SORENESS. It is normal for your gum tissue to be slightly swollen or sore following this procedure. Use 1 teaspoon of salt per 1 cup of water and gently rinse and repeat

this action 3-4 times per day for the first 1-3 days as needed. If a prescription rinse is prescribed to you instead, please use as directed.

- HAVE A FINAL CROWN OR RESTORATION PLACED AS SOON AS POSSIBLE.

Root canaled teeth are more susceptible to fracturing, contamination and decay so it is important to have a final crown or similar restoration placed as soon as possible. A delay in obtaining this restoration may result in fracturing of the tooth beyond repair and possible loss of the tooth.

- TAKE MEDICATION as instructed by the doctor. If prescribed any medications, please take as directed. If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. To reduce pain or soreness, Ibuprofen (Motrin or Advil) up to 800mg every 6 hours can be taken unless you are allergic or have otherwise been instructed not to take it.

Please call our office if:

- If your tooth fractures or your temporary restoration comes out completely prior to the placement of your permanent restoration.

- If you experience severe persistent pain or swelling.

- If after the first 2-3 days, your bite feels uneven or you are unable to bite down on the tooth without experiencing sharp pain.

- If you have an allergic reaction to any medication you have taken.

## POST OPERATIVE INSTRUCTIONS - NEUROTOXIN (xeomin, botox, dysport, etc.) TREATMENT

Please adhere to the following instructions to expedite your results and avoid any unnecessary discomfort or side effects:

- DO NOT MANIPULATE your facial skin for 6 hours following treatment. This includes rubbing, facials, peels, massages, etc. Do not lay on one side of your face.

The neurotoxin takes several hours to bind to the desired muscle. Manipulation of the treated areas could "push" the product into undesired locations. This could result in an asymmetry, lid drooping, or decreased efficacy.

- AVOID VIGOROUS EXERCISE and SWEATING for 6 hours following treatment. This includes heavy lifting, straining, or cardiovascular exercises. Avoid excess sun exposure and saunas.

Increased circulation increases chances of bruising and could also, along with sweating, "wash away" the botox from the desired treatment area resulting in undesired effects mentioned above.

- AVOID ALCOHOL and BLOOD THINNING MEDICATIONS if possible for 24 hours following treatment. Medications and herbals such as aspirin, NSAIDs, ginkgo biloba, St. John's Wort, etc thin the blood and can increase chances of bruising.

- REDNESS, MINOR SWELLING, BRUISING, and temporary HEADACHE are common and should resolve on their own.

- FULL EFFECTS are seen at around 2 weeks. Should you feel you need additional enhancements, we recommend waiting 2 weeks from your initial treatment to ensure full initial effect.

- PLEASE CALL THE OFFICE if you have redness or swelling lasting more than a few hours after treatment.

## Post-Operative Instructions - Dermal Filler

Please adhere to the following instructions to expedite your results and avoid any unnecessary discomfort or side effects:

- DO NOT MANIPULATE your facial skin for 6 hours following treatment. This includes rubbing, facials, peels, massages, etc. Do not lay on one side of your face.

Avoid kissing, puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material.

The neurotoxin takes several hours to bind to the desired muscle. Manipulation of the treated areas could "push" the product into undesired locations. This could result in an asymmetry, irritation, sores or other undesired effects.

Avoid retinol products for two days. It is best to avoid makeup or lipstick in the treated area for 24 hours!

- AVOID VIGOROUS EXERCISE and SWEATING for 6 hours following treatment. This includes heavy lifting, straining, or cardiovascular exercises. Avoid excess sun exposure and saunas.

Increased circulation increases chances of bruising and could also, along with sweating, "wash away" the product from the desired treatment area resulting in undesired effects mentioned above.

- AVOID ALCOHOL and BLOOD THINNING MEDICATIONS if possible for 24 hours following treatment. Medications and herbals such as aspirin, NSAIDs, ginkgo biloba, St. John's Wort, etc thin the blood and can increase chances of bruising.

- REDNESS, MINOR SWELLING, BRUISING, and temporary HEADACHE are common and should resolve on their own.

- FULL EFFECTS are seen at around 2 weeks. Should you feel you need additional enhancements, we recommend waiting 2 weeks from your initial treatment to ensure full initial effect.

- PLEASE CALL THE OFFICE if you have redness or swelling lasting more than a few hours after treatment. Please report any redness, blisters, or itching immediately if it occurs after treatment

You can expect some bruising and swelling around the areas that were injected. Apply ice for the first hour after treatment at ten minute intervals. Ten minutes on and ten minutes off.

## Post-Operative Instructions - In Office Whitening Treatment

Please adhere to the following instructions improve the overall results of your whitening and avoid any unnecessary discomfort or inconvenience:

- FOR THE FIRST 48 HOURS FOLLOWING WHITENING, IT IS IMPORTANT TO AVOID ANY FOOD, DRINK, OR MOUTH PRODUCT THAT COULD CAUSE STAINING. A good rule of thumb is if it can severely stain a white T-shirt, it should be avoided. Some common foods/drinks/products to avoid include:

Mustard	Ketchup	Red Wine
Dark juices	Coffee/Tea	Cola
Berries	Red or dark sauces	Tobacco Products
Colored Toothpaste	Colored lipstick	Drinks containing red dye

- TOOTH SENSITIVITY IS NORMAL AND SHOULD SUBSIDE. Some patients can experience mild to severe tooth sensitivity or pain after the whitening session. This is completely normal and usually mild, but can be severe in susceptible individuals. Patients with existing sensitivity, recession, exposed dentin/root surfaces, abfractions (micro-cracks) and/or other dental conditions are more susceptible to discomfort after teeth whitening. If needed, to reduce pain or soreness, Ibuprofen (Motrin or Advil) up to 800mg every 6 hours can be taken unless you are allergic or have otherwise been instructed not to take it. Additionally, using a sensitivity toothpaste containing potassium nitrate such as Sensodyne can help to alleviate tooth sensitivity.
- IF PARTS OF YOUR GUM TISSUE APPEAR WHITE, DO NOT BE ALARMED. In-office whitening material is stronger than over the counter whitening and it can sometimes seep onto the gum tissue and cause it to turn white. This is only temporary and will return back to normal over the next couple days. Placing vitamin E oil on the gum tissue can help expedite this process.

- TAKE MEDICATION as instructed by the doctor. If you are experiencing pain, Ibuprofen (Motrin or Advil) or Acetaminophen (Tylenol) up to 800mg every 6 hours can be taken unless you are allergic or have otherwise been instructed not to take it.
- FOR LONG LASTING RESULTS- For best results, maintain regular dental hygiene appointments to maintain good oral health, feel free to use at-home whitening trays for touch up treatment between routine dental appointments and avoid food or drinks that can cause staining. Don't forget to brush and floss regularly!

Please call our office if:

- Your sensitivity is not controlled with over the counter pain relievers like Tylenol or Advil.
- If you have an allergic reaction to the materials used in whitening.