

## Post Op Brochure

Layout: Outside front – logo and title, back – products and emergency care contact, outside right fold – warranty. Inside left – restorative, middle – surgery, right – scaling.

### **Restorative:**

**Anesthetic** – usually lasts 3-5 hours. **Children** should be monitored, don't chew or bite your lips, they will hurt and swell later if you do

**Sensitivity** – May be normal for days to weeks following dental work. It should be subsiding over that time. Ibuprophen/Advil is best to take for the anti-inflammatory effect.

**Pressure/biting** – common for a couple days

**Eating/drinking** – avoid hard foods and cold liquids for a few days

**Maintenance** – Proper brushing, flossing, and regular 3-6 month visits are essential to the long-term stability and appearance of your restorations.

**Return if:** Sensitivity to biting does not resolve in 2-3 days, or sensitivity to hot or cold is not resolving in 2-3 weeks.

**Warranty:** – Few dentists offer a written guarantee or warranty to patients pertaining to services provided. We are proud to stand behind our consistent high quality care at 380 Family Dentistry and to provide this service policy.

Despite our best efforts, restorations can fail for a variety of reasons. These include: new decay, breakage from excessive bite forces, grinding of one's teeth, or simply biting down on a hard object (such as a fork, bone, ice, hard candy, etc.).

We will repair or replace any defective restoration at no charge for 3 years for current patients in good standing. This includes free consultations to double-check other dentist recommendations for replacing our original restorations.

In order to keep the dental warranty in force, the patient must attend all scheduled appointments for completing all work in that quadrant within one year and comply with doctor's recommended Recall Program. Only exception is if patient provides 48 hour notice for missing an appointment and reschedules immediately.

A Warranty is not a guarantee. We expect a reasonable amount of owner maintenance. We encourage you to return for regular care and immediately call whenever new problems arise with previous work. We are confident that this Policy will greatly enhance your dental care and service.

The warranty is null and void if 1) damage is from failure to wear recommended occlusal guard, or 2) failure is due to accident damage or abuse, including but not limited to chewing ice or similarly hard items, removing bottle caps, self-adjustments, etc.

The warranty does not include any restorations done for temporary or “compromised” fix or specifically against doctor recommendation.

### **Surgery:**

Bleeding is normal for 12-24 hours. Swelling and discomfort may gradually increase for 3-4 days and then begin to diminish over next few days.

- Bleeding:** Place moist gauze over extraction sites and maintain pressure by biting for at least one hour. Repeat as needed.  
Keep head elevated, and rest. Do not suck or spit excessively.  
If bleeding persists, replace the gauze with a clean, folded gauze placed over the extraction site, and maintain pressure until the bleeding stops. A teabag will work as well.
- Ice-Packs:** Use ice/cold compresses on area for 15 minutes every half-hour for the first 12 - 24 hours.
- Discomfort:** Mild-to-moderate pain can be relieved by non-prescription Ibuprofen or Tylenol. For more severe pain, take the prescription pain medication as directed.
- Diet:** May use liquid or soft diet for first week. Gradually return to normal diet and activities.
- Activity:** Rest 24-48 hours. If you had sedation, refrain from driving an automobile or from engaging in any task that requires alertness for 24 hours.
- Avoid:** Smoking, alcohol, straws, and carbonated drinks during healing.
- Brushing:** Wait 24 hours, be careful/gentle
- Mouthwash:** Wait 24 hours, rinse with warm salt water or prescription mouth rinse 3-5 times per day.
- Antibiotics:** If prescribed, take all that have been prescribed as directed.
- Warm/hot packs:** Wait 24 hours, use on face for swelling, if any, until the swelling subsides.
- Sutures:** Will dissolve on their own.
- Post Op Check:** Return to office in 5-7 days for post op check and irrigation instructions.
- Bone grafts:** You may see small, white granules become loose, this is normal.

Call the Doctor if:

1. Bleeding is excessive and cannot be controlled.
2. Discomfort is poorly controlled.
3. Swelling is excessive, spreading, or continuing to enlarge after 60 hours.
4. Allergic reactions to medications occur, which are causing a generalized rash or excessive itching.

### **Scaling and Root Planing (Deep Cleaning):**

**Maintenance:** The most critical part of keeping your gums healthy is maintaining good oral hygiene, and maintenance care recommended by your doctor and hygienist.

**Discomfort:** Throbbing, aching, and general tenderness immediately following treatment is common in areas of advanced gum disease. This discomfort should subside within 72 hours. Ibuprofen/Advil is effective for pain relief and inflammation.

**Sensitivity:** Teeth may be sensitive to temperature changes for several days and usually diminishes quickly. Prolonged sensitivity may be signs of bacterial damage to root surfaces, in which a desensitizing fluoride would be recommended.

**Bleeding:** Mild bleeding may occur during the next several times you brush and should decrease over time.

Appearance: As the gums heal, they may change shape and tighten around the teeth. This is a positive result of treatment and is part of the healing process.

Eating: Be careful eating until after the anesthetic wears off. In advanced cases of gum disease, chewing hard food may be uncomfortable; this should last no more than a few days.

Oral Hygiene: Brush 2-3 times per day, making sure to brush the gums with a gentle circular motion; which increases blood flow and promotes healing. For the first few days, you may be sensitive to brushing or flossing, so do so gently. Use any prescription rinse as prescribed, and then switch to Listerine 1-2 times daily.

Please call if any symptoms are severe or persistent, or have negative reactions to medications.

**Products (with check boxes):**

Periogard: Swish 2-3 times/day for 10 days. May cause staining that can be removed.

Prevident: Use after brushing/flossing/rinsing to strengthen weak spots and decrease sensitivity. Apply to all teeth with finger or brush 1-2 times/day. Spit, don't rinse. Not for use under 12.

MI Paste: Use after brushing/flossing/rinsing to strengthen weak spots and decrease sensitivity. Apply to all teeth with finger or brush 1-2 times/day. Spit, don't rinse. Avoid if true milk (not lactose) allergy.

Sock-it Gel: Apply to affected area 3-4 times/day.

Bleaching gel: Apply small amount into trays of teeth to bleach. Use for 30-60 minutes once a day until desired result achieved.

**Emergency Needs or Visits:**

We understand life happens and are happy to accommodate any emergency needs or visits.

Call by noon during normal work days and we will work you in same day. Calls after noon may need to be seen next day. Any visits outside normal hours will require an extra charge at time of visit.

Emergency Contact info:

Dr. Travis Campbell

[DrCampbell@380dental.com](mailto:DrCampbell@380dental.com)

972-533-2458