



Post-op Instructions

Scaling and Root Planning (Deep Cleaning)

- Scaling and root planning, also known as a deep cleaning, is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and under the gum line. The goal is to produce clean, smooth teeth and roots, which will promote healing of the inflammation and infection of gum disease.
- After your deep cleaning, avoid eating anything on the area being treated for two hours or until the dental anesthetic has worn off completely.
- Avoid any hard foods such as tortilla chips, potato chips, popcorn, nuts or seeds for the next several days.
- If your gums are tender, rinse with warm salt water, dissolving ½ teaspoon of salt in an 8 oz. glass of warm water 2-3 times a day.
- Continue use to Chlorhexidine as provided by the office at the time of your appointment.
- Resume your home care regimen immediately, but be gentle with the area recently treated.
- Refrain from smoking for 24 to 48 hours after the procedure. Tobacco will delay healing of the tissues.
- Pain relief with Tylenol or Ibuprofen (Advil) will aid to increase your comfort unless you are allergic or have medical conditions that prevent taking these medications.
- If you have persistent discomfort or swelling that occurs after scaling and root planning, please contact the office.



Post-Op Instructions

Restorative (Fillings)

- Sensitivity, especially to cold, is common for a time following treatment.
- For the first few days avoid extremely hot or cold foods and beverages.
- It is normal to have some discomfort in the gums around the tooth after the anesthesia wears off due to the procedure. The deeper the cavity removed, the more sensitivity experienced.
- If your gums are tender, rinse with warm salt water, dissolving ½ teaspoon of salt in an 8 oz. glass of warm water.
- Pain relief with Tylenol or Ibuprofen (Advil) will aid to increase your comfort unless you are allergic or have medical conditions that prevent taking these medications. It is recommended that you chew slowly and on the other side of your mouth if you experience sensitivity.
- If it has not subsided within 10 – 14 days, OR it gradually gets worse, call the office for advisement or an appointment.
- The finished restoration may be contoured slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days.
- If after a week or two, your teeth feel they do not touch correctly please call the office. This problem can be solved with a quick adjustment to the filling.
- Fillings do not last forever. Like a new set of tires, fillings can wear and breakdown. Proper brushing and flossing is recommended to help you retain your fillings. Having your teeth cleaned every six months and an exam and xrays every year will help prolong the life of the fillings.
- Children should be observed until the anesthetic wears off. Due to the strange feeling of the anesthetic, many children will chew the inside of their lips, cheeks, or tongue which can cause serious damage.



Post-op Instructions

Crowns / Bridges

Post-Op Sensitivity:

Sensitivity, especially to cold, is common for a time following treatment. For the first few days avoid extremely hot or cold foods and beverages. It is normal to have some discomfort in the gums around the tooth after the anesthesia wears off due to the procedure. If your gums are tender, rinse with warm salt water, dissolving ½ teaspoon of salt in an 8 oz. glass of warm water. Pain relief with Tylenol or Ibuprofen (Advil) will aid to increase your comfort.

Temporary Crowns:

Any numbness you experience from the anesthetic will last approximately two hours. Until the anesthetic wears off completely, be careful not to eat or drink hot liquids to avoid biting your lip, cheek or tongue. A temporary crown is a plastic crown or bridge that is made the day of the crown preparation appointment and is placed on the teeth while the final restoration is being made. The temporary protects the exposed tooth so it is less sensitive, prevents food and bacteria from collecting on the prepared teeth, and prevents the tooth from shifting or moving, which can make seating of the final crown more difficult. The temporary is placed with very lightweight cement that is designed to come off easily. Due to the nature of the temporary cement, please avoid chewing sticky foods or crunchy foods that could dislodge or break the temporary crown. Be gentle when brushing and refrain from flossing until your permanent restoration is in place. Should the temporary crown become dislodged, book an appointment to have it replaced as soon as the next available appointment. Waiting too long can cause the teeth to shift and the crown to fit incorrectly.

Permanent Crowns / Home Care:

Any numbness you experience from the anesthetic will last approximately two hours. Until the anesthetic wears off completely, be careful not to eat or drink hot liquids to avoid biting your lip, cheek or tongue. Brushing and flossing your crown daily, just as you would your natural teeth, is the best way to will prevent cavity formation and periodontal disease under the crown. Daily home care and decreasing your intake of sugar-containing foods and drinks will increase the longevity of your new restoration. It is normal to experience some sensitivity to cold. However, should you feel throbbing or

consistent pain, please call the office. Use a salt water rinse to help with any short-term heat or cold sensitivity. Should your bite feel uneven after 2-3 days, please have it assessed with a dentist at Franklin Dental Arts. Delaying the necessary adjustments may damage the tooth permanently. With an uneven bite, we can adjust the crown so your mouth feels normal and there no unnecessary wear on the crown.



Post-op Instructions:

Root Canal Therapy

- Root canal therapy can take 1-2 appointments to complete. After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid any chewing on the side of the treated tooth until the numbness has completely worn off.
- A temporary filling or crown is placed by your dentist to protect the tooth between appointments. Between appointments, it's common (and not a problem) for a small portion of your temporary filling or crown to wear away or break off. If the entire filling falls out, or if a temporary crown comes off, please call our office so it can be replaced.
- To protect the tooth and help keep your temporary in place:
 - Avoid chewing crunchy, sticky foods
 - Avoid biting hard foods and hard substances
 - If possible, chew only on the opposite side of your mouth.
- It's normal to experience some discomfort for several days after a root canal therapy appointment, especially when chewing. It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving root canal therapy. This should subside within a few days (or even weeks). Even if you were not experiencing any discomfort prior to treatment, it is normal for you to experience some degree of discomfort for a few days after. The tenderness is normal and is no cause for alarm.
- Pain relief with Tylenol or Ibuprofen (Advil) will aid to increase your comfort unless you are allergic or have medical conditions that prevent taking these medications. It is recommended that you chew slowly and on the other side of your mouth if you experience sensitivity.
- Should you experience discomfort that cannot be controlled with pain medications or should swelling develop, please call our office.
- To further reduce pain and swelling, rinse three times a day with warm salt water; dissolve a teaspoon of salt in a cup of warm water, then rinse, swish, and spit.
- It's important to continue to brush and floss normally. Usually, the last step after root canal treatment is the placement of a crown on the tooth. A crown covers and protects the tooth from breaking in the future. It is critical to have a crown placed on your root canal therapy treated tooth as soon as possible. Delay in obtaining final restoration (crown) may result in fracture and/or possible loss of

the tooth. If your bite feels uneven, you have persistent pain, or you have any other questions or concerns, please call our dental office.



Post-op Instructions:

Extraction(s) / Bone Graft / Membrane

- After tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30 minutes after the appointment. If the bleeding or oozing persists, insert another gauze pad and bite firmly for another 30 minutes. You may have to do this several times.
- It is normal to have some discomfort in the gums around the site of extraction and site of injection after the anesthesia wears off.
- Do not rinse or spit for 24 hours after surgery.
- Keep your fingers and tongue away from the socket or surgical area.
- Use ice packs (or a bag of frozen peas) on the surgical area (side of face) for the first 48 hours; apply ice 15 minutes on and 15 minutes off.
- Pain relief with Tylenol or Ibuprofen (Advil) will aid to increase your comfort unless you are allergic or have medical conditions that prevent taking these medications. It is recommended that you chew slowly and on the other side of your mouth.
- For severe pain, use the medication prescribed to you.
- Drink plenty of fluids.
 - **AVOID:**
 - Use of straw—this creates suction in the mouth that could cause complications.)
 - Smoking for at least 5 days after surgery.
 - Avoid strenuous activity and do not exercise for at least 3–4 days after surgery. After that, be careful: your regular caloric and fluid intake have been reduced, so you may get light-headed, dizzy, or weak.
- If the muscles of the jaw become stiff, the use of warm moist heat to the outside of your face over the spots that are stiff will relax these muscles.
- After the first post-operative day, use a warm salt water rinse following meals for the first week to flush out particles of food and debris that may lodge in the surgical area. (Mix ½ teaspoon of salt in a glass of warm water. Mouthwash can be added for better taste.)
- Your diet should consist mainly of soft, easily swallowed foods and cool drinks. Avoid anything that might get stuck in your teeth, so no seeds, nuts, rice, popcorn, or similar foods.

- Take medications as prescribed and directed
- If you experience excruciating pain, swelling or excess bleeding, please contact the office.



Post-op Instructions:

Implant Placement

- It is normal to have some discomfort in the gums around the site of placement and site of injection after the anesthesia wears off.
- Do not rinse or spit for 24 hours after surgery.
- Keep your fingers and tongue away from the socket or surgical area.
- Use ice packs (or a bag of frozen peas) on the surgical area (side of face) for the first 48 hours; apply ice 15 minutes on and 15 minutes off.
- Pain relief with Tylenol or Ibuprofen (Advil) will aid to increase your comfort unless you are allergic or have medical conditions that prevent taking these medications. It is recommended that you chew slowly and on the other side of your mouth.
- For severe pain, use the medication prescribed to you.
- Drink plenty of fluids.
 - **AVOID:**
 - Use of straw—this creates suction in the mouth that could cause complications.)
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- Take medications as prescribed and directed.
- If you experience excruciating pain, swelling or excess bleeding, please contact the office.