

POST-OP INSTRUCTION



Extractions - Oral Surgery

Bite on Gauze: Gently bite down on the gauze provided by your dentist. Maintain steady pressure for about 30-45 minutes to control bleeding and promote clot formation.

Minimize Activity: Rest and avoid strenuous activities for the remainder of the day. Elevate your head while sleeping to reduce swelling.

Pain Management: Take prescribed pain medication as directed or use over-the-counter pain relievers according to package instructions. Start your pain medication before the anesthesia wears off to manage discomfort effectively.

Swelling: Swelling is normal after tooth extraction. Apply an ice pack to the area in 20-minute intervals during the first 24 hours to reduce swelling.

Diet: Stick to a soft diet for the first few days, gradually reintroducing firmer foods as comfort allows. Avoid hot or spicy foods, as well as using a straw, which can dislodge the clot.

Oral Hygiene: Gently brush your teeth the day after surgery, avoiding the surgical area. Rinse your mouth gently with warm saltwater (1/2 teaspoon of salt in an 8-ounce glass of water) after meals and before bed.

Stitches: If your extraction site required stitches, they are likely dissolvable. If non-dissolvable stitches were used, they will be removed during a follow-up appointment. 1. Discomfort and Sensitivity:

Tooth Whitening / Bleaching

Avoid Staining Substances: For the next 24-48 hours, it's essential to avoid consuming staining substances that could affect your newly whitened teeth. This includes:

- Coffee, tea, red wine, dark sodas, and colored beverages
- Dark sauces (like soy sauce, tomato sauce)
- Berries and intensely pigmented fruits
- Tobacco products

Opt for White-Friendly Foods: Stick to a diet of lighter-colored foods for the first couple of days. Choose items like plain chicken, rice, pasta, white bread, bananas, and yogurt.

Practice Good Oral Hygiene: Continue your regular oral hygiene routine, including brushing and flossing. Use a toothbrush with soft bristles to avoid any potential sensitivity.

Use a Sensitivity Toothpaste: If you experience any tooth sensitivity, which is common after whitening, you can use a toothpaste formulated for sensitive teeth. Apply a small amount on your finger and gently rub it on your teeth for about a minute, then rinse thoroughly.

Stay Hydrated: Drink plenty of water to help maintain a healthy smile and wash away any lingering residue from foods and drinks.

Avoid Extremely Hot or Cold Foods: Your teeth might be temporarily more sensitive to extreme temperatures, so it's a good idea to avoid very hot or cold foods and beverages for the first day.

Avoid Acidic Foods: Acidic foods and drinks can weaken your tooth enamel. During the first 24 hours, steer clear of items like citrus fruits and juices.

Limit Alcohol Consumption: Avoid alcoholic beverages for at least 24 hours, as alcohol can dehydrate your body and potentially affect tooth sensitivity.

No Smoking: If you smoke, try to avoid doing so for at least 24 hours. Smoking can stain your teeth and interfere with the whitening process.

Avoid Over-the-Counter Whitening Products: Refrain from using over-the-counter whitening products immediately after your professional treatment to prevent potential irritation or over-sensitivity.

Follow Up with Any Prescribed Medications: If your dentist prescribed any post-treatment products, like desensitizing gels, be sure to follow the instructions provided.

Root Canal Therapy

Discomfort and Sensitivity: It's normal to experience some mild discomfort or sensitivity for a few days after the procedure. Over-the-counter pain relievers, as recommended by your dentist, can help manage any discomfort. If prescribed pain medications, follow the dosage instructions provided.

Chewing and Eating: Avoid eating until the numbness wears off to prevent accidentally biting your cheek, lip, or tongue. Opt for soft foods for the first few days to avoid putting too much pressure on the treated tooth.

Oral Hygiene: Maintain your regular oral hygiene routine, including brushing and flossing, but be gentle around the treated area. If your dentist recommends a specific mouthwash, use it as directed. Rinse your mouth with warm saltwater a few times a day to reduce inflammation (1/2 teaspoon of salt in an 8-ounce glass of warm water).

Avoid Hard and Crunchy Foods: Avoid eating hard, crunchy, or sticky foods that might stress the treated tooth or disrupt the temporary filling.

Restoring the Tooth: If a temporary filling was placed, avoid chewing on that side of your mouth to prevent dislodging it. Schedule your follow-up appointment to have the tooth permanently restored with a crown or filling.

Swelling and Discoloration: Some minor swelling or discoloration around the treated area is normal and should subside within a few days. Applying a cold compress on the outside of your cheek for 15 minutes at a time can help reduce swelling.

Avoid Smoking and Alcohol: Refrain from smoking and consuming alcohol for a few days after the procedure, as they can hinder the healing process.

Contact Your Dentist if You Experience:

- Severe pain that doesn't improve with over-the-counter pain relievers
- Swelling that worsens or persists beyond a few days
- Allergic reactions to medications prescribed

Follow Up: Attend your scheduled follow-up appointment to ensure the tooth is healing properly and to discuss the next steps.

Fillings, Crowns & Bridges

Chewing: Be cautious when chewing. Avoid sticky and hard foods that could dislodge the temporary crown.

Oral Hygiene: Brush and floss as usual, but be gentle around the temporary crown. Pulling up on the floss might dislodge it.

Avoid Chewing Gum: Chewing gum can stick to and dislodge the temporary crown. Best to avoid it for now.

Sensitivity: Some sensitivity to hot or cold is normal for the first few days. If it persists or worsens, contact us.

Contact Us If:

- The filling/ temporary or permanent crown becomes loose or falls off.
- You experience pain or discomfort that is not manageable.
- Your bite feels uneven or uncomfortable.
- You experience persistent pain, swelling, or bleeding.

CONTACT NUMBER:
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