



FAMILY, IMPLANT & COSMETIC DENTISTRY

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POST-OPERATIVE INSTRUCTIONS

I. FILLINGS

1. Do not eat until the anesthetic wears off.
2. You may drink anytime.
3. Expect sensitivity, especially to cold, for up to 3 weeks.
4. If procedure was lengthy, you had to open wide, or you were very tense, take Ibuprofen, up to 600mg every 8 hours, beginning while you are still numb. If Ibuprofen is inadequate, you may also take Tylenol every 4 hours.
5. Rinse with warm salt water, (½ teaspoon of salt to 8 ounces of water), in the event of muscle or gum soreness.
6. If over the counter medications are insufficient, the restoration feels “high” or you have questions, do not hesitate to call and ask for your assistant: _____
7. Additional Instructions: _____

II. PERIODONTAL SERVICES: PROPHYLAXIS, SCALING, ROOT PLANING

1. Do not eat until anesthetic wears off.
2. You may drink anytime.
3. Expect sensitivity, especially to cold, and soreness of the gums for up to 3 weeks.
4. If procedure was lengthy, you had to open wide, or you were very tense, take Ibuprofen, up to 600mg every 8 hours, beginning while you are still numb. If Ibuprofen is inadequate, you may also take Tylenol every 4 hours.
5. Rinse with warm salt water (½ teaspoon of salt to 8 ounces of water) in the event of muscle or gum soreness. Use Listerine or Peridex, Sulcabrush, RotaDent, Water-Pik, brush and floss as prescribed by your hygienist.
6. If over the counter medications are insufficient or you have questions, do not hesitate to call and ask for your hygienist: _____
7. Be certain to schedule your next visit for continuing care.
8. Additional Instructions: _____

III. CROWN, VENEER, OR FIXED BRIDGE PREPARATION

1. Do not eat until the anesthetic wears off.
2. You may drink anytime.
3. Expect sensitivity, especially to cold, for up to 3 weeks.

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4. If procedure was lengthy, you had to open wide, or you were very tense, take Ibuprofen, up to 600mg every 8 hours, beginning while you are still numb. If Ibuprofen is inadequate, you may also take Tylenol every 4 hours.
 5. Rinse with warm salt water (½ teaspoon of salt to 8 ounces of water) in the event of muscle or gum soreness.
 6. Avoid sticky foods and chewing gum while wearing temporaries.
 7. Pull dental floss through, so as not to dislodge a temporary crown or bridge.
 8. If over the counter medications are insufficient, do not hesitate to call and ask for your assistant: _____
 9. If your temporary crown comes loose or comes out, attempt to re-seat it immediately. Call our office to re-cement as soon as possible. If the temporary crown is loose and you fear swallowing or aspirating it, leave it out of your mouth but save it for re-cementation.
 10. Additional Instructions: _____
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IV. CEMENTATION OF A CROWN, VENEER, OR FIXED BRIDGE

1. Do not eat until the anesthetic wears off. If no anesthetic was given, wait at least 1 hour for cement to set prior to eating.
 2. You may drink anytime.
 3. Expect sensitivity, especially to cold, for up to 3 weeks, possibly longer.
 4. If procedure was lengthy, you had to open wide, or you were very tense, take Ibuprofen, up to 600mg every 8 hours, beginning while you are still numb. If Ibuprofen is inadequate, you may also take Tylenol every 4 hours.
 5. Rinse with warm salt water, (½ teaspoon of salt to 8 ounces of water), in the event of muscle or gum soreness.
 6. If over the counter medications are insufficient, the restoration feels “high” or you have questions, do not hesitate to call and ask for your assistant: _____
 7. Additional Instructions: _____
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V. ENDODONTICS (ROOT CANAL THERAPY)

1. Do not eat until the anesthetic wears off.
 2. You may drink anytime.
 3. Expect soreness, some aching beginning as anesthetic is wearing off.
 4. If procedure was lengthy, you had to open wide, or you were very tense, take Ibuprofen, up to 600mg every 8 hours, beginning while you are still numb. If Ibuprofen is inadequate, you may also take Tylenol every 4 hours.
 5. Rinse with warm salt water, (½ teaspoon of salt to 8 ounces of water), in the event of muscle or gum soreness.
 6. If over the counter medications are insufficient, the restoration feels “high” or you have questions, do not hesitate to call and ask for your assistant: _____
If you have significant swelling, call the office.
 7. Take antibiotics as prescribed, if prescribed.
 8. Additional Instructions: _____
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