

## Stones Crossing Dentistry, inc. Post Op Instructions

*Please follow the instructions as indicated below for proper care.*

<b>Local Anesthetic</b>	♦ You have been given an injection of local anesthetic with to numb your teeth in order for us to work on them. Your mouth (tooth, lip & tongue) will feel numb for <b><u>approximately 2 to 3 hours</u></b> . The more active you are, the quicker the anesthetic will wear off.
<b>Dentures, Partial Dentures and Reline Delivery</b>	♦ Usually, your mouth may have a few "sore spots" after wearing a new prosthetic or reline for 24 hours. Your new bite may not feel completely comfortable for several weeks. We can make adjustments at your post op appointment. You can easily clean your appliance by using a denture brush and denture toothpaste. Periodic soaks in a denture cleaning solution is also helpful. We recommend that you keep your denture/partial out of your mouth at night and soaking in water. Brush your gums and/or remaining teeth 2 x a day. Yearly recalls and oral cancer screenings are recommended for edentulous patients, and regular 6 month recall is recommended for patients with partials. Overtime, your jawbone and gums will shrink when the teeth are missing. When this happens, your denture/partial will become loose and require a reline. Wearing ill-fitting dentures/partial for too long without re-fitting can cause severe bone loss and various serious oral disease.
<b>Sealant</b>	♦ A sealant has been placed on one or more of your teeth in an effort to prevent you from developing a cavity on the top surface of the tooth. You should avoid eating ice or chewing on hard sticky candies which can dislodge or chip the sealant, rendering it ineffective. Please also be advised that sealants do not protect the surfaces in-between teeth so you must still floss to prevent this type of cavity from developing between the teeth.
<b>Filling</b>	♦ Most patients adapt and adjust very well to new dental work. However, if some fillings are deep due to the extent of the decay, you may experience some discomfort. Do not be alarmed! Sometimes it takes a few weeks for the tooth to settle down and feel comfortable. Your jaw may also be sore at the injection site, this could also last a few weeks. If your bite feels different after the numbness wears off, give the office a call for a bite adjust. Avoid excessive chewing on hard foods on teeth with fillings as the resin material or your teeth can break under extreme forces. The fillings are full strength right away, so there is no waiting time to eat, just be careful not to bite your tongue, lip or cheek.
<b>Lab Crown</b>	♦ A temporary has been placed over the prepared tooth. Temporary crowns do not seal as well as the permanent crowns, so you may experience some sensitivity. If you floss the temporary make sure you pull the floss through the side not straight up because you may remove the temporary. If your temporary does come off, use toothpaste, denture adhesive paste, or temporary crown cement found at drugstores to place it back on. Do not use ordinary glue or superglue.
<b>CEREC Crown</b>	♦ When your anesthetic wears off you may experience slight sensitivity to chewing, temperature sensitivity or soreness in the surrounding area. This is considered normal after dental surgery. OTC medications can be taken to relieve discomfort. If the restoration feels rough, too high to your bite, or has extreme lasting sensitivity to hot or cold that lasts beyond 48 hours, or wakes you up at night please call the office for a post-operative appointment. 90% of the time a simple adjustment is all that is required. However, anytime that a tooth is prepped, there is a possibility of a root canal. You are able to brush and floss as well as chew on your restoration as soon as you leave the office. However, be careful while chewing if your cheek, lip, or tongue is still numb.
<b>Crown Delivery</b>	♦ Your crown has been bonded or cemented to your tooth today. The material is set when you leave the office. You can eat or drink right away. Just be careful if you are numb, not to bite your lip, tongue, or cheek. Do NOT have anything hot followed directly by cold for 2 hours following your delivery appointment. This will cause expansion and contraction of the cement, it is fine to have them separately. You may brush and floss as you normally would. When your anesthetic wears off you may experience slight sensitivity to chewing, temperature sensitivity or soreness in the surrounding area. This is considered normal after dental surgery. OTC medications can be taken to relieve discomfort. If the restoration feels rough, too high to your bite, or has extreme lasting sensitivity to hot or cold that lasts beyond 48 hours, or wakes you up at night please call the office for a post-operative appointment. 90% of the time a simple adjustment is all that is required. However, anytime that a tooth is prepped, there is a possibility of a root canal.
<b>Pain Management</b>	♦ If you experience any discomfort with your teeth, OTC Ibuprofen and Tylenol can be taken. Maximum dosages of each can be taken together for maximum relief. ♦ If you experience any discomfort with your gums, salt water rinses or peroxide and water mixes can be used daily to help aid in healing every 6 hours for 3 days.
<b>What to Eat?</b>	♦ It is recommended that you limit your diet to soft foods for 2 hours following the dental procedure to prevent biting the lip or tongue while numb. The following foods are acceptable: milk shake, ice cream, pudding, jello, soup, mashed potatoes, noodles, yogurt or any other foods of this consistency. If no anesthetic was used, then you can eat normally right away.

*Please call the office with any questions or concerns that you may have. (317) 535-3940*