

Post – Op Instructions

1. Root Canal

HOME CARE INSTRUCTIONS AFTER ROOT CANAL THERAPY

- Your lips, teeth and tongue may be numb for several hours after the appointment. Make sure you avoid any chewing until the numbness has completely worn off.
- It's normal to experience some discomfort for few days after a root canal appointment, especially when chewing. To control discomfort, take pain medication as recommended.
- To further reduce pain and swelling, rinse three times a day with warm salt water (1tsp. of salt in a cup of warm water & rinse).
- If medications were prescribed to you, continue to take them even if all symptoms and signs of infection are gone.
- Make sure to stay away from sticky / chewy foods, hard food. And if possible, try and chew only on the opposite side of your mouth.
- Return to brushing & flossing as soon as possible

Contact us if the following occurs:

- Uneven bite
- Persistent swelling or pain
- If you have any questions or other problems

2. Deep Cleaning

CARE OF YOUR MOUTH AFTER DEEP CLEANING

- If your gums are bleeding, lightly rinse your mouth 2-3 times per day with warm salt water until bleeding stops. Mix one teaspoon of salt to 8 ounces of water.
- Rinse with prescribed medication Peridex twice a day.
- Your gums and teeth may become uncomfortable and sensitive after Scaling and Root planning. Pain relievers such as Advil or Tylenol should eliminate any discomfort.
- Sensitivity to cold and hot may temporarily occur.
- Eating: Your next meal should be soft. Avoid any hard foods for the next 3-4 days.
- Smoking: Please do not smoke following scaling and root planning procedures for 48 hours. Tobacco smoke is an irritant to healing.

3. Oral Surgery

HOME CARE INSTRUCTIONS AFTER ORAL SURGERY

- Leave gauze in for 30 minutes. Replace with additional gauze, as needed for bleeding. **DO NOT** disturb wound in doing so, you may cause irritations or bleeding.
- Drink plenty of fluids. Do not drink through a straw for 3 days. Eat soft foods.
- Do not eat anything extremely hot or extremely cold.
- Do not chew anything until all the numbness is gone.
- Apply a cold pack 24 hours after the surgery.
- Apply a warm towel if area is swollen after the 1st day.
- Do not spit or rinse today.
- Start rinsing the day after surgery, after meals and before going to bed.
- Gargle with warm salt water 4 times daily starting the day after surgery.
- Return to brushing & flossing as soon as possible, being careful around the surgery area.
- DO NOT smoke or drink alcohol for at least three days.
- If your surgery was completed under intravenous (IV) sedation or if non-restorable stitches were placed, you must follow-up in 5-7 days.

A little swelling, moderate bleeding, or discoloration is normal.

Contact us if the following occurs:

- Pain increases or does not get better in 3-4 days
- Heavy bleeding continues after the first day
- Severe nausea and vomiting occurs
- If you have any questions or other problems

4. Crowns / Onlays

HOME CARE INSTRUCTIONS FOR CEREC CROWNS and ONLAY

- Your lips, teeth and tongue maybe numb for several hours after the appointment. Make sure you avoid chewing until the numbness has completely worn off.
- Small pieces of excess bonding material may be found by your tongue for a couple of days. These will normally come off with regular tooth brushing. If you feel anything sharp to your tongue, please call our office and the piece can be removed easily with an instrument.
- It is not unusual to experience some mild sensitivity or discomfort for a few days after receiving restorative dental treatment. Please take Tylenol or Ibuprofen when you get home and before bedtime.
- Your bite may feel slightly unusual after the local anesthetic has worn off. If, however, your bite still feels different after a couple of days, please call our office.
- Do not chew on ice or other hard objects, as these may crack your dental restorations (or even your natural teeth!). Avoid chewing excessively sticky foods such as "hard tack" candy (e.g., Laffy Taffy) because it can remove restorations.
- To provide optimum longevity for your restorations and prevent future dental decay and supporting tissue breakdown, it is important to have regular 6-month check-ups in our office. Infrequent examinations and cleanings are the biggest reasons for failure of dental restorations.

5. Implant Surgery

HOME CARE INSTRUCTIONS FOR IMPLANT SURGERY

- Your lips, teeth and tongue maybe numb for several hours after the appointment. Make sure you avoid chewing until the numbness has completely worn off.
- Bite down and maintain firm pressure on the gauze.
- Apply cold pack around the area where the surgery was done.
- Do not spit or rinse today.
- Start rinsing the day after surgery, after meals and before bedtime.
- Return to brushing and flossing as soon as possible, being careful around the surgery are.
- Please take the medications as prescribed.
- DO NOT smoke or drink alcohol for at least three days.

A little swelling and/or moderate bleeding is normal.

Contact us if the following occurs:

- Pain increases or does not get better in 3-4 days
- Heavy bleeding continues
- Severe nausea and vomiting occurs
- If you have any questions or other problems

6. Bonegraft

What to expect following surgery:

- **Bleeding:** Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.
- **Pain:** Moderate discomfort may be noticed when the anesthetic first wears off, and may continue for several days.
- **Swelling:** Some swelling and discoloration of the lip and/or cheek may occur and may last for a few days.
- **Sensation:** There may be a temporary loss of feeling in the gums in the operated area. The teeth may also feel loose for a time. The teeth may be sensitive to hot and cold temperatures.

What to do following the surgery:

- After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.
- Take two Tylenol, Nuprin, Advil, or similar non-aspirin pain reliever every 3 to 4 hours until bedtime to maintain comfort. Take it before the anesthesia wears off.
- If pain medication is prescribed, take it as you need it. Don't exceed the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.
- Nausea is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water.
- Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this for the first day.
- Eat soft foods for the first 2 - 4 days. Maintain a good, balanced diet. Drink plenty of water. Do not drink through a straw. Avoid alcohol for 48 hours.
- Avoid chewing directly over the operated area until the sutures are removed.
- Brush all of your teeth after each meal. Avoid the operated area for the first day. Take care to avoid pulling the sutures.
- Do not rinse vigorously; do not use a Waterpik®.
- A saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water) held in your mouth for 2 to 3 minutes every hour may make your mouth more comfortable.

- If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might be recommended.
- Avoid lifting the lip with your fingers to look at the area. It is possible to accidentally tear the sutures, open the incision, and delay healing.
- Smoking should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette smoke chemicals in your body.
- If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.
- You may be instructed to use a prescription antimicrobial mouth rinse.
- Return to your dentists' office for removal of the sutures or follow-up checks as directed.

Please call your dentist if you have:

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems

Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.

7. Custom Made Appliance

Care of your New Custom Made Dental Appliance

CLEANING AND MAINTENANCE – the Dental Appliance is very porous, like a sponge. It will collect plaque/bacteria like your teeth; so it must be cleaned daily. Scrub the inside and outside with a soft toothbrush / denture brush using a soapy water mixture. Use an effervescent cleaner (i.e. Efferdent Denture Cleanser Tablets or Polident Denture Cleanser) to soak it in, using a new tablet each day.

DO NOT use the above products with mouthwash additives and NEVER soak appliance in mouthwash or boil appliance as this will cause the appliance to distort.

DO NOT use toothpaste to clean or scrub appliance with, for this is an abrasive and will scratch the dental appliance. Use the denture bath or a small plastic container to soak your appliance in and when

carrying our dental appliance transport it in the retainer case that was provided for you with a moist tissue so the dental appliance will not distort.

NEVER allow your dental appliance to sit next to heat source or leave it somewhere that would allow it to get hot (example: leaving it in a hot car in a plastic container or retainer case).

DENTAL TREATMENT – if dental treatment is to be done, bring appliance to your appointment so that it can be properly modified to fit any new restorations.

KEEP appliance out of reach of pet. Dogs and other pets find dental appliances to be attractive chew toys.

8. Braces

Home Care Instructions for Your Braces

You may find that over the next few days your teeth and gums may be tender, you may also find that you are producing more saliva than usual and some patients may develop sores on their lips and cheeks. This is all very normal and discomfort should subside in 3-5 days. Here are a few helpful hints to make the transition smoother for you.

- Avoid any hard or sticky foods (i.e. caramel, taffy, corn chips, nuts, ice, etc.) Make sure all meats are cut off the bone and fresh fruits and vegetables are cut up into small pieces. The adhesive that we use is very strong. However, excessive force when chewing particularly when teeth are initially moving may cause the adhesive and braces to become loose. If you feel a significant amount of resistance when chewing, do not bite harder, ease off on the biting pressure.
- Proper oral hygiene is very important in order to prevent any caries and decalcification. We have provided you with the proper tools to maintain excellent oral hygiene (i.e. toothbrushes, proxy brush, floss, and wax). All of these items can be located in most stores, however if you are unable to find them you can ask any team member and they can provide it for you. We also recommended that you rinse with a fluoride once a day to prevent decay and decalcification.
- There may be times during your “active” treatment that brackets can come loose and/or arch wires may begin to poke. DO NOT PANIC - contact our office so that we can make you comfortable. The assistants have gone over how to use wax and suggested Tylenol or Ibuprofen for any discomfort.

What Can I Expect?

- Tenderness of the teeth for the first 4-5 days. (Use Tylenol/Advil/Motrin and Chew softer foods initially)

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- Tenderness of the insides of the lips and cheeks for 4-5 days. (Use Tylenol/Advil/Motrin and wax applied to dried-off braces/wire ends.)
- Some mobility of the teeth (normal during tooth movement)
- Some teeth moving faster than others, giving the appearance of some teeth becoming crooked...normal occurrence that will be corrected with time.
- You may be able to solve many braces problems temporarily at home until you schedule a repair appointment at our office.

Problems	Home Solution
Loose Band or Bracket	If band or bracket is still attached to wire, leave in place. If uncomfortable, place wax on it. If it comes out completely, wrap brace or bracket in tissue
Loose Wire	Try to place wire back in place with tweezers. If that is not possible, clip wire with fingernail clippers behind last tooth to which it is securely fastened. If any discomfort, place wax.
Poking Wire	Try to push sticking wire down with a spoon or eraser. If not possible, place wax.
Lost Tiewire or Elastic	Notify us at next appointment.
Headgear Does Not Fit	Sometimes cause by not wearing as prescribed. If face bow is bent, call our office to make an appointment.
Loose Appliance	If appliance is sticking or poking, place wax.
If home solution does not work, please call 703-279-3400	