

Post-Op Instructions

It is important to follow instructions after you have oral surgery to ensure proper healing, and to avoid complications. As a rule of thumb, you should always wait two hours after surgery before eating to let the anesthesia wear off. Trying to eat before this could result in soft tissue damage, because you are not able to feel all of your mouth. The instructions below are guidelines. After your surgery, the doctor or dental assistant will provide full instructions to follow during recovery.

Crowns and Bridges

Before you receive your permanent crown/bridge you will first receive a temporary restoration. This is not as sturdy as the permanent version, so you should be careful while eating and when cleaning it. During cleaning, brush the area gently. When flossing, do not pull up on the floss because the temporary could become dislodged. When eating, avoid sticky or chewy foods until the permanent restoration is placed.

There may be some sensitivity and irritation after the temporary or permanent is placed. This is normal and will subside after the soft tissue heals. A warm salt water rinse will help. You can also take Advil or Tylenol if needed.

When the permanent crown or bridge is placed it may feel a little awkward for a few days. Your mouth needs to adjust to the new tooth. It should feel like one of your natural teeth in less than a week. If your bite feels abnormal in any way, you should let your dentist know. Caring for your bridge or crown is just like caring for your own teeth. You should brush and floss regularly.

White Fillings (Bonding)

After the anesthesia wears off, your teeth will likely be sensitive. You should avoid hot and cold foods and beverages for the next few days. After that initial period, your treated teeth will feel as good as new. Continue your normal hygiene plan to ensure that your fillings last for a long time.

Scaling and Root Planing

After this procedure your gums will probably be slightly sore and irritated for a few days. You should rinse your mouth with warm salt water (1 tsp salt/8 oz. water) 2-3 times a day. This will relieve the pain and cleanse the area. Brushing and flossing should be continued right after the procedure, but you should brush gently so that you do not further irritate the area. If you experience stiffness or swelling, place a cold compress on the area and take an over-the-counter pain reliever. Avoid hard, chewy foods for 2-3 days after surgery to ensure proper healing. If you continue to experience pain or swelling after a few days, contact your dentist.

Veneers

Before you receive your permanent veneer/s you will first receive a temporary restoration. This is not as sturdy as the permanent version, so you should be careful while eating and when cleaning it. During cleaning, brush the area gently. When flossing, do not pull up on the floss because the temporary could become dislodged. When eating, avoid sticky or chewy foods until the permanent restoration is placed.

There may be some sensitivity and irritation after the temporary or permanent is placed. This is normal and will subside after the soft tissue heals. A warm salt water rinse will help, and you can also take Advil or Tylenol if needed.

When the veneer is placed it may feel a little awkward for a few days. Your mouth needs to adjust to the new tooth. It should feel like one of your natural tooth in less than a week. If your bite feels abnormal in any way, you should let your dentist know. When brushing and flossing, pay close attention to the area between the veneer and the tooth at the gum line.

Extractions

After the surgery you will need to rest and be driven home by a friend or family member because of the anesthesia. You can expect the extraction site to bleed for a little while after the surgery. Gauze will be applied at the completion of the surgery, and you will need to change it when it becomes soaked. If bleeding continues for longer than 24 hours you should call your dentist. Rest when you return home, but do not lie flat. This could prolong the bleeding. Prop your head up on a pillow when lying down. Your dentist will prescribe you pain medication, so if you become sore take as directed. You can also use an ice pack for the pain. Your dentist might also provide you with a cleaning solution to clean the extraction site.

You will be limited to soft foods for a few days after your surgery. Some recommended foods include:

- Gelatin
- Pudding
- Yogurt
- Mashed Potatoes
- Ice Cream
- Thin Soups
- ...and other food you can eat without chewing.

When drinking, make sure you do not use a straw. The sucking motion can loosen your sutures and slow the clotting process. The same goes for smoking. If you have prolonged pain, bleeding,

irritation, or don't feel that the extraction site is healing properly, call your dentist for a follow up appointment.