

Post-Implant Surgery Care Instructions

After your implant procedure, it's normal to experience some pain, swelling, bleeding, and minor discharge. For proper healing, please follow these guidelines carefully:

- **Handling the Surgical Site:** Avoid pulling on your lip to check the area, and do not touch or probe the site with your fingers or tongue. If bleeding or discomfort persists beyond 48-72 hours, contact our office immediately.
- **Pain Management:** You may take ibuprofen or acetaminophen as directed on the medication label or per our office's instructions to manage discomfort.
- **Swelling & Cold Compresses:** Swelling around the surgical area, face, or eyes may peak within two to three days post-surgery. To reduce swelling, apply a cold compress near the implant site for up to 20 minutes at a time, with at least 20-minute breaks in between. Always place a cloth between your skin and the ice pack. After 36 hours, switch to moist heat applications to aid in swelling reduction.
- **Oral Rinsing & Hygiene:** After the first 24 hours, rinse your mouth gently with warm salt water ($\frac{1}{2}$ teaspoon of salt in an 8-ounce glass of water) three times a day. Avoid brushing near the surgical site, but continue to clean the rest of your mouth as instructed.
- **Activity Restrictions:** Limit physical activity on the day of surgery, avoiding strenuous work or exercise. Resume normal activities the next day as tolerated.
- **Dietary Guidelines:** Stick to soft foods and liquids such as soups, yogurt, smoothies, and juices for the first few days. Avoid hot, spicy, carbonated, and alcoholic beverages, as well as extreme temperature sensitivity during the first 24 hours.
- **Oral Habits to Avoid:** For the first 24 hours, do not use a straw, rinse forcefully, spit, smoke, or brush the surgical area.
- **Medication Compliance:** Take all prescribed medications, including antibiotics, exactly as directed to prevent infection.
- **Denture Use:** If you wear a denture that overlaps the implant site, minimize its use to allow for healing. After the first week, you can gradually extend the duration of wear.
- **Follow-Up Appointments:** Attending your scheduled follow-up visits is essential for monitoring your healing progress.
- **When to Call Us:** If swelling or pain worsens after a few days instead of improving, please contact our office promptly.

Post-Extraction Care Instructions

Following your wisdom teeth removal, proper aftercare is essential for a smooth recovery. Please follow these instructions carefully:

- **Managing Bleeding:** Keep firm pressure on the surgical site by biting down on the provided gauze pad until bleeding subsides (30-40 minutes). If the bleeding continues, try biting on a wet teabag instead.
- **Activity Restrictions:** Avoid strenuous activities for three to four days post-surgery. You may gradually return to your normal routine as tolerated.
- **Medications:** Take all prescribed medications as directed. If you've been given pain medication other than aspirin, Tylenol, or ibuprofen (Advil, Motrin), avoid driving, operating machinery, or engaging in activities that require alertness. If antibiotics are prescribed, take the full course as instructed to prevent infection.
- **Swelling & Cold Compresses:** Swelling and jaw stiffness are common, often peaking two to three days after surgery. To reduce swelling, apply a cold compress to the outside of your face near the extraction site for up to 20 minutes at a time, with at least 20-minute breaks. Always place a cloth between your skin and the ice pack. After 36 hours, switch to moist heat to help reduce swelling.
- **Dietary Guidelines:** For the first few days, stick to soft foods and liquids like soup, yogurt, juice, and smoothies. Avoid hot, spicy, carbonated, and alcoholic beverages.
- **Oral Care & Rinsing:**
 - Do not rinse, spit, or brush your teeth on the day of surgery. Resume brushing the next day, being careful to avoid the surgical areas.
 - Refrain forcefully rinsing for the first five days.
- **Avoiding Dry Socket:** To prevent dry socket—a painful condition caused by premature loss of the blood clot—avoid using straws, drinking from bottles, spitting, or smoking for at least 24-48 hours.
- **Temporary Numbness:** If you experience numbness in your lip, chin, or tongue, don't be alarmed—this is usually temporary and should subside within a few days. Be mindful when eating to avoid accidentally biting your tongue, cheek, or lip.
- **When to Seek Help:** If you experience severe pain, excessive bleeding, persistent swelling, or have any concerns, contact our office immediately. In case of a serious or life-threatening emergency, call 911 or visit the nearest emergency room.

Post-Root Canal Care Instructions

Following your root canal treatment, please adhere to these guidelines for optimal healing and comfort. If you have any questions or concerns, don't hesitate to reach out to our office.

Immediate Aftercare:

1. **Wait Before Eating or Drinking:** Avoid consuming food or beverages for at least 30 minutes after your procedure to allow the temporary filling to properly harden. Also, refrain from touching the treated tooth with your tongue.
2. **Pain Management:**
 - If you were given a prescription, have it filled promptly and take it as directed.
 - If no prescription was provided, you may take ibuprofen (Motrin, Advil) or acetaminophen (Tylenol) to manage discomfort and swelling, as long as you do not have any allergies to these medications.
 - Follow the dosage instructions on the label, and if you experience persistent or severe pain, contact our office.
3. **Swelling Control:** Apply a cold compress near the treated area in 20-minute intervals (20 minutes on, 20 minutes off) for up to 6-8 hours to minimize swelling. Always place a cloth between the ice pack and your skin.

Ongoing Care & Precautions:

4. **Be Cautious with Chewing:**
 - Avoid chewing or biting on the treated tooth until your permanent restoration is placed.
 - The temporary filling or crown is softer and more prone to cracking, so refrain from eating hard foods like nuts, pretzels, ice, and hard candy.
 - Some sensitivity is normal until the permanent restoration is placed. Schedule an appointment with your restorative dentist within a month to have a permanent crown or filling placed, as delaying this increases the risk of fractures or decay.
5. **Oral Hygiene:** Keep the area clean by gently brushing and flossing. Continue with your usual oral hygiene routine unless instructed otherwise.
6. **Temporary Filling Maintenance:** While uncommon, a temporary filling may wear down or fall out. If it does, contact your general dentist as soon as possible. If it happens

outside office hours, you may use temporary dental filling material (available at pharmacies) to cover the area until your appointment.

What to Expect & When to Call Us:

7. **Normal Healing Process:** Mild discomfort for 2-4 days is common, and some soreness may persist for a few weeks.
8. **Flare-Ups:** Although rare (occurring in about 5% of cases), flare-ups can cause significant pain, swelling, throbbing, or general discomfort. This is more likely in teeth with severe irritation, infection, or prior treatments. If you experience any of these symptoms, contact our office immediately. Additional medication or further treatment may be necessary.

By following these instructions, you can help ensure a smooth recovery. If you have any concerns, please reach out to our office for assistance.

Post-Treatment Care for Dentures and Partial

To ensure comfort and longevity of your new dentures or partials, please follow these guidelines. If you have any concerns, feel free to contact our office.

Adjusting to Your Dentures

- It is normal for dentures and partials to require several adjustments to achieve a comfortable fit.
- To help with speech adjustments, practice reading aloud for a short period each day.
- You may experience some discomfort for the first few days as your mouth adapts to the new dentures or partials.

Daily Care and Maintenance

- **Resting Your Mouth:** Dentures should be removed overnight or for at least six hours daily to allow your gums and mouth to rest.
- **Cleaning:** Remove and clean your dentures every night. Store them in a clean container filled with denture-cleaning solution.
- **Oral Hygiene:** Food particles can become trapped under dentures, leading to irritation or sore spots. After removing your dentures, lightly brush your gums, tongue, and the roof of your mouth.

Ongoing Oral Care

- If you have natural teeth remaining, brush your teeth and surrounding tissues after every meal and snack, and floss at least once a day before bedtime.
- If you have full dentures, brush them daily to remove food particles and bacteria.
- Rinsing your mouth with water or mouthwash can help remove additional debris missed during brushing.

Follow-Up Care

- Visit our office at least once a year for an evaluation and necessary adjustments.
- Wearing ill-fitting dentures or partials without regular adjustments can lead to bone loss in the jaw and increase the risk of oral diseases.
- If you experience persistent discomfort, pain, or any issues with your dentures, contact our office as soon as possible.

By following these guidelines, you'll help maintain both the health of your mouth and the functionality of your dentures or partials.

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Post-Treatment Care for Crowns, Bridges, and Inlays/Onlays

To ensure a smooth recovery and longevity of your restoration, please follow these guidelines. If you have any questions, feel free to contact our office.

After Tooth Preparation

- It's normal to experience some sensitivity or tenderness in the treated tooth and surrounding gums for a day or two. If discomfort persists beyond this period, please reach out to our office.
- If anesthesia was used, avoid chewing, biting, or eating until the numbness has completely worn off to prevent accidental injury.
- Depending on your treatment plan, your final restoration may be placed on the same day or during a separate appointment.

Caring for Temporary Restorations

- Stick to softer foods and avoid hard, chewy, or crunchy foods to prevent damage to the temporary restoration.
- Maintain good oral hygiene by brushing and flossing daily, but be gentle around the temporary restoration.
- When flossing, carefully slide the floss out rather than pulling it upward to prevent dislodging the temporary.
- If your temporary restoration becomes loose or breaks, contact our office immediately for a replacement.

After Final Restoration Placement

- Refrain from chewing on hard, crunchy, or sticky foods for the first 24 hours to allow the cement to fully set.
- Some mild sensitivity to hot or cold foods is common and should subside within a few weeks. If sensitivity persists beyond six weeks, please inform our office.

Ongoing Care

- Maintain proper oral hygiene by brushing after every meal and snack, and flossing at least once daily before bedtime.
- Rinse your mouth with water or mouthwash to help remove any remaining food particles.

If you experience any pain or have concerns about your restoration, don't hesitate to contact our office for assistance.