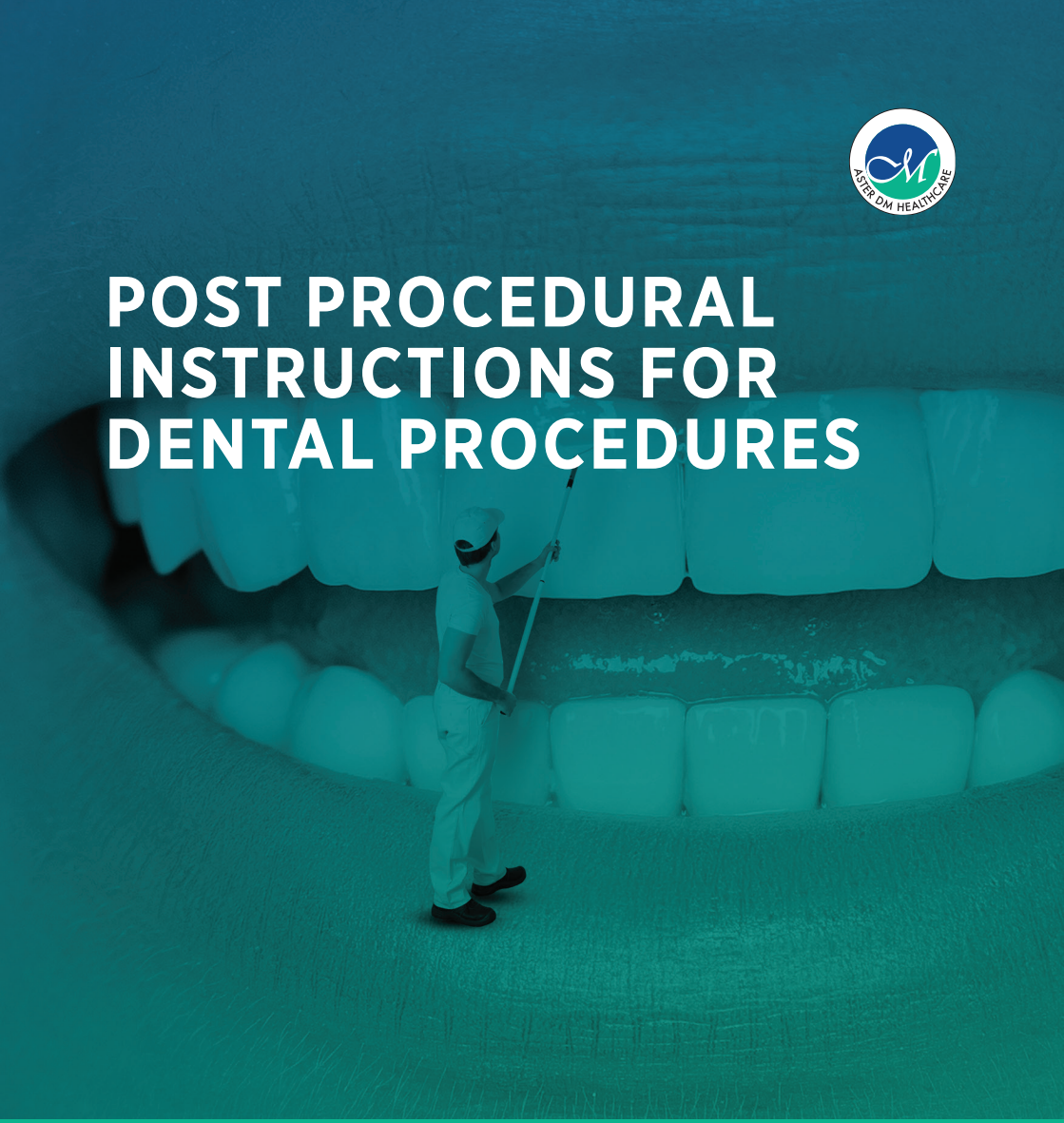
POST PROCEDURAL INSTRUCTIONS FOR DENTAL PROCEDURES



Aster
We'll Treat You Well

Digital Version

POST-OP INSTRUCTIONS AFTER FILLINGS



• Depending on the anesthetic used, you will typically be numb for a few hours after a filling.

• It is common for the jaw and gums to be sore following filling. If this continues more than a day, please contact your dentist.

• Sensitivity is a common post-operative symptom especially with deep fillings. These symptoms generally go away in a short period of time. Symptoms can last from several days to several weeks. Please contact your dentist if symptoms persist, do not decline or are not manageable.

• Because of difficulty in determining an accurate bite because of numbness, sometimes fillings may seem high or "taller" than other teeth. If this is the case, please contact your dentist immediately.

POST-OP INSTRUCTIONS FOLLOWING CROWN OR BRIDGEWORK



• Depending on the anesthetic used, you will typically be numb for a few hours following crown or bridgework.

• It is common for the jaw and gums to be sore following the procedure. Please contact your dentist if this soreness is not manageable.

• You may wear a temporary crown or have a CEREC same-day crown placed. A temporary is meant to protect the underlying tooth, maintain the space for the permanent crown and prevent the gum tissue from folding over the underlying tooth. If a temporary break or comes off, please contact your dentist immediately.

• Please avoids sticky foods that may dislodge the temporary crown.

• Keep the area clean by brushing, flossing and using mouthwash daily

• When flossing, snap the floss through the contacts of the temporary and slide

• Do not floss up through the contact again. This may dislodge the temporary.

• When having a CEREC same-day crown placed, some post-op sensitivity is expected especially if the decay was deep. Some symptoms may last a few days to a few weeks. If sensitivity persists, does not decrease or if sensitivity is not manageable, please contact your dentist.

POST-OP INSTRUCTIONS FOLLOWING EXTRACTIONS

• Depending upon the anesthetic used, you will typically be numb for a few hours following an extraction procedure. If numbness persists for more than 12 hours, contact your dentist.

• It is exceptionally common to experience soreness in the jaws and the areas of extractions.

• Do not disrupt the blood clot in the area of extractions. We want that blood

clot to form to help stimulate the healing process.

• Please "gently" rinse your mouth 3-4 times daily with salt water (¼ tsp in 8oz water). Avoid "forcefully" rinsing your mouth during the healing process. The blood clot should remain intact. Please avoid commercial mouth rinses containing alcohol during the healing period.

• Pain management is extremely important. For better healing, stay one-step ahead of your pain. Your dentist will discuss with you options to manage pain.

• Smoking should be stopped following surgery. Healing time will be reduced and the chance for a successful outcome is decreased.

• It is common to experience swelling following surgery. Please manage with cold compress for 15 minutes on, 15 minutes off. Continue as needed for the first day or 24 hours.

• Starting the second day or hours 24-48, warm compresses can used to promote healing.

• Please do not brush your teeth for the first night after surgery. This will aid in blood clot forming.

• Eat COLD, soft foods to the first few days following surgery. Stay hydrated. Protein shakes, smoothies, milkshakes are great! Please avoid alcohol in the healing phase. Chilled foods and drinks should be eaten for the first 24 hours. Starting the 2nd day or hours 24-72 warm foods should be eaten.

• Take complete rest after surgery. Please avoid strenuous activity which may raise blood pressure for the first 24 hours.

• If antibiotics were prescribed, please take them as directed throughout the recommended course.

• Please follow up with your dentist for the recommended post-op visits.

POST-OP INSTRUCTIONS FOLLOWING DENTURE OR PARTIAL DELIVERY

• If an immediate denture is delivered, please follow Post-op Instructions following Extractions in addition.

• Please keep your new denture or partial in your mouth for 24 hours. If this is not possible, please wear for as long as possible.

• After 24 hours, please remove and clean.

• To clean a denture or partial, use a plain toothbrush, dish soap and water to clean denture. Please do not use any abrasives like toothpaste, baking soda or bleach. These items will create pores in your new appliance and may cause a breakdown of materials.

• Please use an over-the-counter denture cleaner as needed.

• It is common to experience discomfort after delivery of a denture. It is common to need an adjustment to the denture or partial. Please follow up with your dentist for your scheduled post-op visits.

• Your new dentures are like a new pair of shoes. Your tongue, cheeks, lips will need some time to get used to the denture or partial.

• Your speech may be different initially following delivery. To help, please read aloud several times a day so your mouth can learn to adjust to your new appliance.

POST-OP INSTRUCTIONS FOLLOWING OCCLUSAL APPLIANCE OR NIGHTGUARD DELIVERY

• It is common to experience some discomfort following delivery of appliance.

• Please wear your appliance as directed by your dentist.

• Please clean your appliance with a toothbrush, dish soap and water only.



Please do not use toothpaste, baking soda or bleach to clean your appliance. Using these items may create pores in your appliance leading to a breakdown in materials.

• If your appliance allows, clean with a denture cleaner once weekly as directed. Your doctor will direct you in best practices.

• Your appliance may need adjustments. Please contact your dentist if you should feel discomfort or pain.

• Post-op Instructions following Root Canal Therapy

• Depending on the anesthetic used, you will typically be numb for a few hours following root canal therapy.

• It is fairly common for the jaw and gums to be sore follow the procedure. Please contact your dentist if this soreness is not manageable.

• Healing after root canal therapy is highly dependent upon the condition of the tooth prior to the procedure. Some teeth take longer to heal.

• Pain management is a key in the healing process. OTC medications are commonly recommended to help manage pain. Your dentist will advise based upon your specific needs.

• Once a root canal is completed, depending upon the condition of the tooth, care must be taken to not chew on that tooth prior to final restoration. The root canal is usually the first step only.

• Continue to brush and floss as recommended by your dentist

• It is important to follow up with your dentist for your final restoration.

POST-OP INSTRUCTIONS FOLLOWING PERIODONTAL THERAPY (SCALING AND ROOT PLANING)

• Depending on the anesthetic used, you will typically be numb for a few hours

• Scaling and root planing are a nonsurgical approach to periodontal therapy.

• It is common to experience soreness in the gums and jaws after the procedure.

• Resume home care with brushing and flossing as indicated by your dentist.

• It is fairly common to experience cold sensitivity after the procedure.

• It is common for the teeth to feel “looser” initially. As the gums heal, they may “tighten” up again.

• It is important to follow up with your dentist as recommended for maintenance visits.



Aster

We'll Treat You Well

ASTER DM HEALTHCARE

PLEASE SCAN FOR
DIGITAL VERSION

Aster

We'll Treat You Well

ASTER DM HEALTHCARE

asterhospitals.in asterhospital