

## INSTRUCTIONS FOLLOWING ROUTINE DENTAL PROCEDURES

### ANESTHETIC:

Numbness may last for several hours. Avoid eating while still numb; be careful not to bite lip, cheek, or tongue. You may be able to speed recovery by massaging, exercising, or applying warm compresses to the affected area to increase circulation. Some soreness, tenderness, or bruising at the injection site is normal and should disappear in a few days.

**PHONE THE OFFICE AS SOON AS POSSIBLE:** if you have unusual reactions to your anesthetic.

### PERMANENT FILLINGS:

Avoid eating while teeth and mouth are still numb. Sensitivity to cold and hot sometimes occurs and may last for several weeks, especially on larger or deeper fillings. Avoid hard foods on tooth colored restorations in front teeth.

**PHONE THE OFFICE AS SOON AS POSSIBLE:** if the restoration feels uncomfortable or hits before other teeth when biting; if you experience pain or sensitivity to biting pressure; if you have extreme unsolicited pain or discomfort.

### GUM TREATMENT OR MAINTENANCE:

Avoid eating while teeth and mouth are still numb. Some sensitivity to cold, hot, sweet, and sour is normal; this is usually temporary and should return to normal in several days. Gums may be temporarily tender to brushing and flossing; however, thorough brushing and flossing is extremely important for proper healing and shrinkage of gum pockets.

**PHONE THE OFFICE AS SOON AS POSSIBLE:** if you experience continued tenderness or bleeding longer than a week.

### TEMPORARY FILLINGS, TEMPORARY CROWNS OR BRIDGES:

Avoid eating while teeth and mouth are still numb. Temporary restorations may be sensitive to cold, hot, sweet, or sour until the permanent restoration is placed. Do not bite into an apple or eat hard, sticky, chewy foods such as gum, caramels, corn-on-the-cob with the temporary; do not floss the temporary restoration unless directed to do so as these may loosen or dislodge. If a temporary crown comes off, it needs to be recemented as soon as possible so that the space can be maintained, even though you may be comfortable. Occasionally you may be able to recement it yourself; please call the office for assistance or to have the temporary restoration replaced.

**PHONE THE OFFICE AS SOON AS POSSIBLE:** if the crown feels uncomfortable or hits before other teeth when biting; if you experience pain to biting pressure; if you have unsolicited pain or discomfort.

### ROOT CANAL TREATMENT:

Some soreness, mild aching, a thumping sensation, or sensitivity to biting pressure may occur after instrumentation. This is usually only temporary and should gradually decrease after the first week. A mild over-the-counter analgesic such as aspirin, acetaminophen, or ibuprofen may be helpful.

**PHONE THE OFFICE AS SOON AS POSSIBLE:** if you experience, swelling, extreme pain, or fever.