



EXTRACTIONS:

- Following dental surgery it is normal to experience some discomfort. If medication has been prescribed, take as instructed.
- Stiffness and Swelling – it is normal and should not cause alarm. Apply a cold towel or ice pack for 15 minutes of each hour as needed.
- Keep fingers and tongue away from socket.
- Diet – a liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids.
- If you have gauze covering your extraction site, change it or remove it as you have been instructed.
- Bleeding – it is normal for saliva to be slightly streaked with blood for 1-2 days.
 - NOTE: If abnormal bleeding occurs (more than a small amount), call the office immediately.



PERIODONTAL TREATMENT:

- Diet – a liquid or soft diet is advisable for the first 24 hours.
- For pain or discomfort you may take over the counter pain medication.
- Drink plenty of water and fluids during the first 24 hours.
- On the morning after treatment, you can rinse mouth with warm salt water (1/2 teaspoon salt to a glass of warm water). If needed, repeat this several times daily.
- Because it is very common for periodontal disease to occur, patients should have regular checkups to monitor progress and prevent reoccurrence.



CROWN OR BRIDGE:

- After your first appointment for crown and bridge treatment, a temporary crown is usually placed on the tooth or teeth involved. The temporary crown protects while the custom crown is being produced. Temporary cement is used so that the crown can be easily removed at your next appointment.
- If the temporary crown comes off before your next appointment, place the temporary back on your tooth and call our office.
- With your temporary crown and with your permanent crown you may experience some discomfort due to irritation of the area during the treatment procedures. You may also notice sensitivity to cold.



ROOT CANAL THERAPY: (Endodontic Treatment)

- Root Canal Therapy can take 1, 2, or 3 appointments depending on each case. It is possible to experience any of the following symptoms after any one of these appointments: sensitivity to hot and or cold: sensitivity to pressure: possible swelling.
- A temporary filling may be used to seal the tooth between visits.
- Be gentle on the tooth while eating until the final restoration is placed.
- During root canal therapy the nerve, blood and nutrient supply to the tooth is removed. This will cause the tooth to become brittle and prone to fracturing which can result in the need to extract the tooth. A full coverage crown is recommended to prevent this from happening.