



# MIDDLETON

FAMILY DENTISTRY

## Post Visit Instructions for Common Procedures

Visit us online at:

[www.middletondentistry.com](http://www.middletondentistry.com)

# Table Of Contents

Procedure	Page
Fillings	3
Children – Stainless Steel Crowns/Spacer Maintainer	4
Adult Crown / Spacer	5
Night Guard	6
Extraction	7
Implant	8
Root Canal	9
Denture / Partial	10
Whitening	11

# Fillings

Did we just fix your tooth with a filling? Below, you can learn about what to expect once you get home from our office. Read over this page, follow the instructions, and everything should be great. If you have any questions, be sure to contact us right away.

## Local Anesthesia

- Every patient becomes un-numb at different rates. Most patients will feel numb approximately two hours following the appointment. Avoid chewing on your tongue, lip, or cheek to prevent injury to these areas.
- Avoid chewing or drinking hot beverages until the numbness wears off.

## Bite

- After placing your new filling, it may take a few days to get used to.
- The finished restoration may be contoured a bit differently and have a different texture than what you were used to with your tooth. Your tongue will become accustomed to the new filling in a few days.
- If it feels like you are touching your new filling first or you just can't get all of your teeth together comfortably after a few days, call the office for advice or an appointment.
- If you had a silver filling (amalgam), once the feeling has returned, avoid eating on the side that the filling was placed for 24 hours. This allows the material to completely harden. Only eat soft foods and do not chew on anything hard, crunchy, chewy, or sticky to allow the filling to harden.
- If you had a white filling (resin), once the feeling has returned, you may chew on your new filling as it is as hard as it is going to get.

## Sensitivity

- It is normal to experience some sensitivity to cold, hot, and pressure following the procedure. These symptoms will lessen within a few days to a few weeks. As long as the sensitivity continues to improve, there is no need for concern.
- The deeper the cavity removed, the more sensitivity you may experience.

## Gum discomfort

- Following the procedure, your gums may be tender. The gum tissue surrounding the filling and tooth, your jaw joint, as well as the area where the anesthetic was placed, can be irritated and sore for a few days. This is normal and will subside in 2 – 5 days.
- If you are able to take ibuprofen, take two tablets every 6-8 hours for two days to alleviate the inflammation and reduce the soreness. Otherwise take one tab of Tylenol every 6-8 hours.
- Rinse with warm salt water

## Home Care

- Although the filling is quite durable, the tooth is still vulnerable to decay and can only hold so much filling material. It is important to resume regular brushing and flossing as well as regular dental visits. This will increase the longevity of your new filling.
- Often small problems that are developing around the restorations can be found at an early stage and corrected easily, but, waiting for a longer time may require redoing the entire restoration. Inadequate return for examination is the most common reason for filling failure

# Children – Stainless Steel Crowns/Spacer Maintainer

Did we just work on your child? Below, you can learn about what to expect once you get home from our office. Read over this page, follow the instructions, and everything should be great. If you have any questions, be sure to contact us right away.

## Local Anesthesia

- Many children dislike the sensation of being numb, please remind the child that the feeling is only temporary and will wear off.
- Most children will feel numb approximately two hours following the appointment.
- Please monitor your child, so he/she does not chew, scratch, suck or play with the numb area. These actions may cause minor irritation to a severe swelling and abrasion of the tissue leading to a white patch that takes approximately two weeks to heal.
- Therefore, please closely watch your child and have them on liquid diet until the anesthesia wears off.
- If you notice swelling, call the office for advisement.

## Fillings

- Please refer to the “Fillings” post op care page.

## Stainless Steel crown or spacer

- If a stainless steel crown or a space maintainer is inserted, please help your child avoid sticky items such as gum, tootsie rolls, jolly rancher, taffy, carmel or any chewy sticky candies that could easily pull off or distort the crown/space maintainer.
- The gums may be tender where the stainless steel crown or spacer was placed. If needed, you may give your child Children’s Motrin or Tylenol as directed for the weight of the child but most likely will not be needed.
- If your appliance comes loose, please save the appliance and make an appointment as soon as possible. This is not an emergency as the tooth under the crown is repaired and should not cause any discomfort to the child.

# Adult Crown / Bridge

Did you just get a crown or bridge with us? Below, you can read about what to expect during your treatment as well as find tips on how to make sure your restoration truly lasts. If you have any questions after reading this page, be sure to let us know.

## Local Anesthesia

- Every patient becomes un-numb at different rates. Most patients will feel numb approximately two hours following the appointment. Avoid chewing on your tongue, lip, or cheek to prevent injury to these areas.
- Avoid chewing or drinking hot beverages until the numbness wears off.

## Temporary Crown/Bridge

- Avoid chewing sticky foods such as gum and caramel.
- Avoid hard and crunchy foods to keep the temporary crown/bridge from breaking.
- Brush as you normally would, but when flossing; pull the floss through rather than lift up to avoid loosening the temporary.
- If your temporary comes off between appointments, please call the office for advisement or an appointment to re-cement the temporary.

## Bite

- After placing your new crown/bridge, it may take a few days to get used to.
- The finished restoration may be contoured a bit differently and have a different texture than what you were used to with your tooth. Your tongue will become accustomed to the new crown/bridge in a few days.
- Do not chew ice or other hard objects. Avoid chewing very sticky food/candy because they can remove crowns.
- If it feels like you are touching your new crown first or you just can't get all of your teeth together comfortably after a few days, call the office for advisement or an appointment.

## Sensitivity

- It is normal to experience some sensitivity to cold, hot, and pressure following the procedure. These symptoms will lessen within a few days to a few weeks. As long as the sensitivity continues to improve, there is no need for concern.
- Use a sensitive toothpaste to help decrease the sensitivity. It will take up to a few weeks for the sensitive toothpaste to take full effect.

## Gum discomfort

- Following the procedure, your gums may be tender. The gum tissue surrounding the filling and tooth, your jaw joint, as well as the area where the anesthetic was placed, can be irritated and sore for a few days. This is normal and will subside in 2 – 5 days.
- If you are able to take ibuprofen, take two tablets every 6-8 hours for two days to alleviate the inflammation and reduce the soreness. Otherwise take one tab of Tylenol.
- Rinse with warm salt water

## Home Care

- Although the crown/bridge is quite durable, the tooth is still vulnerable to decay. It is important to resume regular brushing and flossing as well as regular dental visits. This will increase the longevity of your new crown or bridge.
- Often small problems that are developing around the restorations can be found at an early stage and corrected easily, but, waiting for a longer time may require redoing the entire restoration. Inadequate return for examination is the most common reason for crown/bridge failure.
- If any of the following occur, contact us immediately to avoid further problem
  1. Movement or looseness in the restoration
  2. Sensitivity to sweet foods or temperature that lingers 1-2 minutes
  3. Peculiar taste from the restoration site
  4. Breakage of a piece of material from the restoration
  5. Sensitivity to biting pressure

# NightGuard

How to properly care for your new Night Guard – Night guards can be a valuable tool when it comes to protecting your teeth from the harsh effects of grinding or clenching. Now that you have a night guard, it's important that it's cared for properly so that it can continue protecting your teeth for as long as possible. Your daily oral health routine should include cleaning your night guard. Follow these complete instructions for cleaning your night guard and it should stay in great shape for years to come!

**Rinse Immediately after Wearing** – Each time you wear your night guard you should rinse it with warm water as soon as you remove it from your mouth. This will remove debris and loosen any plaque that is stuck to the night guard.

**Brush the Night Guard with your Toothbrush** – After rinsing, give your night guard a light brushing with your normal toothbrush. Some people prefer using a separate toothbrush just for their night guard, but it's okay if you want to use the toothbrush you use to brush your teeth daily.

**Note:** You don't need to apply toothpaste to the brush. Since toothpaste can be abrasive, it may scratch your night guard and cause it to wear out more quickly. Dish soap or Castile soap is a good non-abrasive daily cleanser for your guard.

**Lay your Night Guard on a Clean Surface and Allow it to Dry Completely**

It's important to allow your night guard to dry completely before storing it, as to prevent rapid bacterial growth. Choose a clean, flat surface to allow your night guard to dry. Typically it should dry within 15-30 minutes.

**Always Store Your Night Guard in a Case**

When you are not wearing your night guard it is important that you keep it stored in a case. Many people store their night guard in their bathroom, but over time the steam and humidity in the bathroom can cause the night guard to warp. We recommend that you keep the night guard stored in your bedroom or on your nightstand instead. Be careful not to store your night guard anywhere subject to extreme hot or cold temperatures. Be aware that pets love new chew toys, please keep your night guards safely out of reach of your pets.

**Deep Clean your Night Guard Monthly**

Make a habit of deep cleaning your night guard as least once a month. This can be done several ways. The first is by using an over-the-counter nonabrasive denture cleaner. Simply place your night guard in a glass or bowl with water and allow the cleaner to dissolve completely into the water. The second way to deep clean your night guard is by using a mixture of vinegar and hydrogen peroxide. Soak the night guard in distilled white vinegar for at least 30 minutes. After soaking, rinse the night guard and the bowl with water. Then soak the night guard in hydrogen peroxide for at least 30 more minutes. Once finished, rinse with water and allow the night guard to dry completely. If your night guard is in need of a more extensive cleaning, we provide this service for a small fee.

**Pro Tip:** Don't ever leave your night guard soaking in anything for longer than one hour. Extended time in liquid can damage the material your night guard is made out of. Also, don't soak in any liquid containing alcohol – that includes Listerine.

**Keep Your Case Clean**

Cleaning your night guard can become a wasted effort if you put a clean night guard into a dirty case. Keep the case clean by hand washing it every few days with regular dishwashing soap or castile soap. Avoid placing the case in the dishwasher as the high temperature may melt or warp the plastic. After washing, allow the case to dry as to prevent bacteria growth.

**How Long Should My Night Guard Last?**

Night Guards will have varying durability depending on a number of factors. A night guard will have an average lifespan of 5 years, but depending upon the wear, it can need replacement in just 1 year.

# Extraction

You are receiving these instructions because you have just had an extraction. When you have had a tooth extracted (removed), you need to take care of your mouth. Doing certain things, even on the first day, may help you feel better and heal faster.

## Control Bleeding

- To help control bleeding, bite firmly on the gauze for about 30-45 minutes. The pressure helps to form a blood clot in the tooth socket. Depending on the amount or severity of bleeding, change the gauze as needed.
- The bleeding should stop within 1-2 hours. If it does not, bite on a water-dampened tea bag. The tannic acid in the tea aids in forming a blood clot. Bite on the tea bag until the bleeding stops. Usually about 15-20 minutes.

## If Swelling Occurs

- To reduce swelling, put an ice pack on your cheek near the extraction site. You can make an ice pack by putting ice in a plastic bag and wrapping it in a thin towel. Apply the ice pack to your cheek for 10 minutes and remove it for 10 minutes. Repeat as needed.

## For Pain

- If you CAN take Ibuprofen (NSAID's), take 400-800mg + Tylenol 500-1000mg together every 6 hours around the clock for 3 days.
- If you CANNOT take Ibuprofen (NSAID's), just take Tylenol 500-1000 mg every 6 hours around the clock for 3 days.
- Take Oxycodone 5mg every 4-6 hours as needed with the Ibuprofen and Tylenol
- If given Norco for breakthrough pain, take 500mg Tylenol dose
- **\*\*DO NOT exceed 3200 mg Ibuprofen or 4000mg Tylenol in a 24hr period \*\***
- Caution: If you are pregnant, consult with your obstetrician before taking any pain medication. If you are prescribed antibiotics, please be aware that they may decrease the effectiveness of birth control.

## Get Enough Rest

- Do not do any heavy lifting or exercise for the first 72 hours after an extraction

## DO's:

- DO eat a soft diet, healthy foods and snacks: It may be easier for you to eat soft foods soon after your extraction. Drink plenty of liquids while you're healing.
- DO brush your teeth gently: Avoid brushing the extraction site for 24 hours.

## DON'TS:

- DON'T drink with a straw: Sucking on a straw can dislodge the blood clot
- DON'T drink hot liquids: Hot liquids may increase swelling. Limit your alcohol use, as it can slow down healing.
- DON'T SMOKE: Smoking may break down the blood clot causing a painful dry socket. It will also slow down healing
- DON'T sleep with gauze in your mouth

## Eating While You Heal

- Eating right will help you heal faster after your extraction. Start with soft foods and liquids such as oatmeal, mashed potatoes, bananas and soup.
- Drink plenty of water and liquids high in nutrients like vegetable juice and protein drinks.
- Move on to solid foods when you feel ready but cut into small pieces and ease into chewing. Use a blender for hard to chew foods like apples and carrots. AVOID crunchy and sticky foods like popcorn, taffy and nuts.

## Call Us If:

- Pain becomes more severe starting on the 3rd day after the extraction
- Bleeding becomes hard to control (oozing on the first 2 days is normal).
- Swelling around the extraction site worsens after 72 hours
- Itching or rash occur after you take medication (may be an allergic reaction)

## Follow-Up Visits

- You may need your dentist to make sure you are healing properly. With the right care, your mouth should heal within several weeks. If you leave with sutures, please make an appointment for around 1 week to have them assessed or removed.

# Implant

Did you just get an implant with us? Below, you can learn about what to expect once you get home from our office. Read over this page, follow the instructions, and everything should be great. If you have any questions, be sure to contact us right away.

- If you had sutures placed, around two weeks after the surgery, the sutures will be removed.
- Usually you are able to continue to wear your present partial, flipper, or essix. Sometimes it is necessary to leave it in the night of the surgery. It is important to keep the appliance as clean as possible during the healing process.
- NO SMOKING. Smoking is to be avoided for the time being since it lowers the body's ability to heal and increases the chance for implant failure.
- Avoid alcohol for 30 hours, commercial mouth rinses, and very hot fluids/foods for 30 hours after surgery.
- Avoid a Waterpik.
- Gentle rinsing of the mouth can start a few days after the surgery. Frequent gentle rinsing with lukewarm salt water will aid the healing process and maintain cleanliness. Add 1 tsp of salt to 1 cup of water.
- If an antibiotic has been prescribed for you today, it is very important that the prescription is filled and taken as directed. Please complete the antibiotic until all are used. Should you develop hives, itching, skin rash, or difficult breathing, stop taking the medication and call the doctor immediately or proceed to your nearest hospital emergency room.
- Caution: If you are prescribed antibiotics, please be aware that they may decrease the effectiveness of birth control.

A certain amount of pain must be expected after all types of surgery.

- If you CAN take Ibuprofen (NSAID's), take 400-800mg + Tylenol 500-1000mg together every 6 hours around the clock for 3 days.
- If you CANNOT take Ibuprofen (NSAID's), just take Tylenol 500-1000 mg every 6 hours around the clock for 3 days.
- Take Oxycodone 5mg every 4-6 hours as needed with the Ibuprofen and Tylenol
- If given Norco for breakthrough pain, take 500mg Tylenol dose
- **\*\*DO NOT exceed 3200 mg Ibuprofen or 4000mg Tylenol in a 24hr period \*\***
- Caution: If you are pregnant, consult with your obstetrician before taking any pain medication.
- Some swelling and possible minimal bruising is to be expected and not unusual. In most instances, swelling can be prevented by applying an ice pack for 10 minutes and remove for 10 minutes. Repeat as needed. If after three days you still have a large amount of swelling, please call the office for advisement or for an appointment.
- A small amount of bleeding following surgery should not alarm you. If the bleeding is excessive or continuous, please call the office for advisement or an appointment.
- Do not spit, gargle, or suck on a straw for 24 hours following surgery. This tends to loosen the suture and blood clots.
- Following surgery, it is best to restrict your diet to fluids or soft foods for the first day. A normal diet may then be resumed for the following day but you will want to avoid chewing on the implant site until the tissue is completely healed. Soft foods such as Jell-O, pudding, mashed potatoes, scrambled eggs, ice cream or lukewarm soup are suggested. If you are having difficulty chewing, try putting food in a blender or diet supplements such as Carnation Instant Breakfast or Ensure.



# Root Canal

You are receiving these instructions because you have just had root canal therapy. Your root canal is either complete, or there is medication in your tooth that requires you to return to the clinic to have your root canal completed. Below, you'll find a few tips and instructions on what to do after you get home from the office. After reading everything, if you still have any questions, be sure to contact us right away.

## Local Anesthesia

- Every patient becomes un- numb at different rates. Most patients will feel numb approximately two hours following the appointment. Avoid chewing on your tongue, lip, or cheek to prevent injury to these areas.
- Avoid chewing or drinking hot beverages until the numbness wears off.

## Discomfort

- It is normal to experience some discomfort following a root canal procedure. Expect your tooth to be sensitive to chewing and biting pressure for 7-10 days.
- Inflammation from the procedure develops within the first 24-48 hours therefore, if able, please follow one of the OTC medication regimens below even in the absence of pain for the first 3-4 days after treatment:
- Take 3 tablets (600 mg total) of Ibuprofen and 1 tablet (500mg) of Acetaminophen TOGETHER every 6 hours. Do not exceed 3200mg of Ibuprofen or 4000mg of Tylenol in a 24hr period.
- Caution: If you are pregnant, consult with your obstetrician before taking any pain medication. If you are prescribed antibiotics, please be aware that they may decrease the effectiveness of birth control.

## Temporary Filling

- If your root canal procedure is being completed over the course of two appointments and a temporary filling was placed, avoid eating any hard or sticky foods and try to chew on the other side of your mouth until permanent restoration is placed.
- It is common for a small part of the temporary filling to wear away or break off.
- If the entire filling falls out, please call our office for advisement or an appointment

## Final Restoration

- Within three months after the root canal is completed, you will need to have a final restoration placed to protect the tooth from fracture or needing to have the procedure repeated.

## Other Tips

Call our office immediately if you develop any of the following.

- Severe pain not managed adequately by the regimen recommended.
- An allergic reaction to any medication taken, including rash, itching, and hives.
- Nausea from the prescribed medications.
- Swelling inside or outside of your mouth.
- A return of your original symptoms.
- A lost temporary filling.

# Denture / Partial

Did you just get a denture or partial with us? Below, you can read about what to expect for at home instruction as well as tips on how to adjust to your denture. If you have any questions after reading this page, be sure to let us know.

## Breaking in Period

- New dentures require a breaking in period before they become comfortable. It is normal to feel awkward at first with your new dentures. This length of time varies with each patient depending on their ability, determination, and perseverance to learn how to use their

## Adjustments of partials

- The metal bars/clasps on partials will need to be adjusted every once in a while. Do not attempt to adjust the wire yourself at home to prevent the wire from breaking.
- Depending on the design of the partial, if anything new is added to the partial, the partial will have a different fit and may require a time that you need to adjust to the new partial.
- If you lose a tooth and have to add a tooth to the partial, the day you have the tooth extracted, leave the partial in for 24 hours after the extraction to keep the tissue underneath the partial from becoming too inflamed.

## Looseness

- If you had teeth removed immediately prior to placing your denture, it may begin to feel loose. This is due to the gum and bone shrinkage that occurs as the areas heal. Complete healing of the gums and bone takes about 3-6 months. After you have healed, your dentures will loosen and a liner can be placed to make the denture tighter. This process may need to be done several times.
- Denture adhesives can also help to keep your denture in place.

## Sore Spots

- Sore spots occur due to uneven pressure on the gums, can develop at any time, and is not unusual.
- If any sore spots develop, please call our office to set up an appointment for an adjustment.
- Sore spots are best corrected if the dentures are worn at least 3-6 hours before your adjustment appointment to allow for precise detection of the area.

## Eating

- Eating with dentures has a bit of a learning curve, but eventually you will be able to advance your diet to incorporate different foods.
- Start with soft foods that are easy to chew.
- Take small bites and chew slowly.
- Be sure to evenly distribute food on both sides.
- Cutting up foods that require a lot of chewing or biting with the front teeth can make it much easier.

## Daily Home Care

- It is important to rinse a full/partial denture under warm water after eating to remove food debris.
- Hot or boiling water can cause the denture to warp.
- Dentures should be brushed daily with a soft toothbrush or denture brush using warm water, mild soap, or cleaning paste.
- While not wearing your denture at night, be sure to soak in water. Otherwise the acrylic will dry out overtime and cause the denture not to fit as well.
- It is important to take your denture out at night to allow your tissues to breathe. This helps to avoid irritation and infection of the gum tissue.
- Cleaning tablets can be used while soaking the denture to help remove slight stains.
- After soaking your denture, be sure to rinse it with warm water before putting it back into mouth; mouthwash can also be used after rinsing to give you a fresh taste and feeling.
- Rinsing daily with lukewarm saltwater can also help keep your gums clean.

# Whitening

You will want to use the gel once or twice daily for 1-2 weeks. After this time the gel has done its job. If you are not satisfied with the shade, you might need more involved treatment. Everyone is different and results will vary. Keep any extra gel in the refrigerator and use to touch up.

Whitening will last about 6 months depending on diet and home care, and you can purchase more tubes for \$10 at our office. If you have questions or concerns, please contact our office at 260-490-3495. Enjoy!

## Whitening Instructions

- Brush teeth without toothpaste
- Apply a small dot to the facial/cheek/lip surface of the inside of the tray in each tooth you wish to use the gel.
- Apply tray to teeth being sure the tray is seated as snug against teeth as possible. If gel oozes out the top, you used too much and should use less next time.
- Leave trays in for 30 minutes to 1 hour (the gel is ineffective after 1 hour). You do not need to wear the trays overnight.
- When finished with each whitening session, rinse trays with warm water and use a soft tooth brush if necessary to remove gel from the trays or teeth.

## Do Not's

- Do NOT brush with toothpaste immediately before applying gel to teeth. Do NOT drink coffee/tea/ red wine or consume anything dark before or after whitening.
- Do NOT use too much gel. If gel oozes out the gumline, you've used too much. If small amounts are ingested, it's not harmful, but large amounts can cause an upset stomach.
- Do NOT eat or drink with trays in place.
- Do NOT keep trays where pets can reach them. They like the smell of saliva and will eat them.

## Sensitivity

Many patients experience sensitivity during the whitening process. If your teeth are more sensitive than you can bare, try using the gel once every other day for 30 minutes and taking 325mg Tylenol 1 hour before using. It might also help to use a sensitive toothpaste.