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www.smileawayfamilydentistry.com
“Enriching your lifestyle”

Post-operative information about various dental procedures

Extractions

It is important to follow instructions after you have oral surgery to ensure proper healing and to avoid complications. Keep biting down on the cotton gauze we place in your mouth till you get home. Take it out and replace it with the new gauze we gave you. Keep biting down for 30 minutes then repeat the process till the bleeding stops.

- *Take your prescribed pain medication as soon as you begin to feel the discomfort.
- ***Do not** suck on a straw, spit, or smoke.
- *Restrict your activities the day of surgery and resume normal activity when you feel comfortable.
- *Place ice packs on the side of your face where surgery was performed.
- *For mild discomfort, use Ibuprofen (Advil, Motrin). DO NOT take more than 800mg every 4-6 hours.
- *Vigorous mouth rinsing or touching the affected area following surgery should be avoided. This may initiate bleeding caused by dislodging the blood clot that has formed. Do not rinse your mouth for the first post-operative day or while there is bleeding. After the first day, use warm salt water rinse every 4 hours and after meals to flush out particles of food and debris that may lodge in the area.
- *Restrict your diet to liquids and soft foods which are comfortable for you to eat.

Call our office if you have any major pain after two days.

Root Canal Therapy

You can expect soreness after a root canal procedure for a few days. You should avoid chewing on the side of your mouth where the procedure was performed so you do not irritate the area and also to ensure that the temporary restorative material properly sets. You may also need to take an antibiotic to treat any remaining infection in your tooth. If you notice an increasing amount of pain or tenderness, a reaction to the medication, or the loss of the temporary restoration (filling) call our office immediately.

Crowns and Bridges

Before you receive your permanent crown/bridge you will first receive a temporary restoration. This is not as sturdy as the permanent version, so you should be careful when cleaning and eating. You should brush the area gently and should not pull up on the tooth when flossing because it could become dislodged. The same goes for eating. You should avoid sticky or chewy foods while you have the temporary in. There may be some sensitivity and irritation after the temporary or permanent is placed. This is normal and will subside after the soft tissue heals. A warm salt water rinse will help, and you can also take Advil or Tylenol if the pain does not go away.

When the permanent crown or bridge is placed it may feel a little awkward for a few days. Your mouth needs to adjust to the new tooth, and it should feel like one of your natural tooth in less than a week. If your bite feels abnormal in any way, you should let the office know. Caring for your bridge or crown is just like caring for your own teeth. You should brush and floss regularly.

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White Fillings (Bonding)

After the anesthesia wears off your teeth might likely be sensitive to hot and cold that could last up to two weeks. After that initial period, your treated teeth will feel as good as new. Continue your normal hygiene plan to ensure that your fillings last for a long time.

Scaling and Root Planing

After this procedure your gums will probably be slightly sore and irritated for a few days. You should rinse your mouth with warm salt water (1 tsp salt/8 oz water) 2 times a day. This will relieve the pain and cleanse the area. Brushing and flossing should be continued normal after the procedure, but you should brush gently so that you do not further irritate the area for a day or so. Now that the plaque is not coating your teeth anymore, your teeth most likely will be sensitive to hot and cold. You can use a toothpaste that is for sensitivity and the oral rinse we gave you will help. It should get better with time.

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