

WHAT TO EXPECT AFTER ROOT CANAL TREATMENT...

It is normal to feel sore or tender after your root canal therapy has been completed. This soreness should lessen with time, but may last for up to a couple of weeks. You may not even be able to chew on the tooth during this time. If necessary, you can take any usual "over-the-counter" pain reliever to relieve the discomfort. Just take what ever you typically take for a headache. Remember, don't chew on the tooth until the discomfort is totally gone.

If the discomfort increases in intensity (rather than getting better) please call the office.

It is not normal to have swelling after the treatment. If this happens, please call the office so that the Doctor can see or speak to you. You would probably need an antibiotic to help with the swelling. Until you speak to the Doctor, please feel free to use ice against the outside of your face (where the swelling is). The ice is used 15 minutes on, followed by 15 minutes off your face. This cycle is repeated as long as it is convenient for you.

If you have any questions, please call us at 718-372-0009.

WHAT TO EXPECT WHILE WEARING YOUR TEMPORARY BRIDGE OR CROWN...

Your interim (temporary) teeth should feel as comfortable as your own "real" teeth. The bite and feel of them should be natural. If not please call the office. Your interim teeth may need to be adjusted. The teeth inside of these crowns may be sensitive for a few days after your dental visit. This is a normal reaction that the teeth have after being altered to allow for the placement of crowns. If necessary, you can take whatever "over-the-counter" pain reliever you usually take when you have a headache.

The shade or color of them may not be an exact match with your own teeth because there aren't as many shades of the temporary material as there are of porcelain. Your final (new) teeth will be a closer shade match to your natural teeth.

Interim teeth are made of a resin material and are cemented in place with a temporary cement. Please do not chew anything that is sticky, tacky or gummy. These things will probably stick to or pull out your interim teeth. Flossing between your interim and natural teeth may also cause your interim teeth to come out. If they do come loose please call the office and come in to have them recemented. If you cannot get to the office, a product is sold in many drug stores called DENT TEMP. This is a temporary dental cement you can use to recement your interim teeth.

If you must use Dent Temp: clean out the inside of your crown (gently try to remove as much of the dried cement as possible), dry the crown, mix the cement to a sour creamy consistency, dry your tooth, place a small amount of the creamy cement inside the crown and replace it on to your dry tooth. Practice putting the interim tooth in place a couple of times before you dry your tooth and mix up the cement!

Don't eat for one hour after recementing the crown.

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WHAT TO EXPECT FROM YOUR NEW REMOVABLE BRIDGE...

The successful use of either a new complete or removable partial denture is as much psychological as it is physical. Removable bridges work. It's as simple as that. If they didn't, I would not have recommended them at all. If you want this to succeed, then it will. Please be patient and give your removable bridges a chance to become more comfortable and functional. Initially you may experience some soreness or looseness of the new teeth. Partials can be tightened by having the metal clasps adjusted. Complete dentures will get tighter as you wear them. Your mouth actually remodels to better fit the inside of the new dentures.

Sore areas need an office visit to be adjusted. Please call to schedule one. In order to adjust a sore spot, I need to see it. Don't stop wearing your denture, allowing the sore to heal. I can't adjust what I can't see. Tell Salli that you have a denture sore and you'll be seen as quickly as possible.

You may experience extra saliva when wearing your new teeth. This is normal and will lessen with time. Begin eating with smaller bites of food. Remember that you already have something in your mouth before you've begun eating. Eat more slowly. Try to chew on both sides of your mouth at the same time. This will help stabilize your teeth. Take frequent drinks to prevent food from sticking to your new teeth. Remove your teeth after meals to clean them.

Remove your artificial teeth before brushing and flossing your natural teeth. Clean the bridges by brushing them thoroughly with a hard brush and Ivory Soap before soaking them in water. It is best NOT to wear them while sleeping. Your mouth needs to rest at some point during the day or night.

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POST-SURGICAL INSTRUCTIONS

1. Keep pressure on the surgical site with the gauze you have been given. Replace this with fresh gauze after 20 minutes. Repeat this for about 2 hours.
2. Some oozing of blood is normal and expected for the rest of the day. Do not become alarmed to see a small amount of blood on the gauze when you remove it from your mouth.
3. No rinsing or spitting for the next 24 hours. When you brush your teeth, let the water gently dribble out of your mouth. This will prevent excessive bleeding from the surgical site.
4. Do not smoke. Smoking interferes with healing and may cause a painful infection to develop.
5. After 24 hours have passed, rinse out your mouth with warm salt water. Use one half teaspoon of salt in 12 ounces of water. Rinse thoroughly using up the entire glass. This should be repeated every 2 - 3 hours for several days.
6. Apply ice on the outside of your face near the surgical site. This helps to control swelling. Swelling continues to increase for 48 hours after the surgery. Continue to use ice for at least 2 - 3 days whenever possible. 20 minutes on your face followed by 20 minutes off.
7. Do not eat on the side of your mouth that had the surgery. Avoid hot, spicy or acidic foods. These will irritate the surgical site and may cause you pain.
8. If you have been given any prescriptions fill them. Take them according to the instructions. Do not stop taking antibiotics just because you feel better. They need a specific number of days to totally cure any infection you may have. Stopping early may allow your infection to return.
10. If you have discomfort, take whatever you normally take for a headache; for example: Tylenol, advil, aspirin, etc.
11. If you have any questions please call our office.

TMJ INSTRUCTIONS

1. Take 3 advil tablets (for inflammation) every 6 hours (4 times per day) for 10 days. If your stomach begins to become irritated, cut the dosage to 2 advil 4 times daily. Take after eating, with a LARGE glass of water.
2. Apply warm, moist compresses to the painful area (or use a moist heating pad). 20 minutes on then 20 minutes off. Repeat as frequently as possible. (4 - 6 times daily if possible.)
3. Eat a soft diet to rest your joint. Avoid chewing hard or sticky foods or candy (taffy, hard bread). Don't chew gum. Don't rest the telephone between your head and shoulder. Don't open your mouth very wide when you eat, yawn or laugh. Don't open wide to check and see if you are improving!