

Post-Treatment Instructions:

- Do not chew or suck on a numb cheek, tongue or lip – injury and/or infection may result.
- Do not eat while still numb. Drink liquids with caution and avoid hot liquids to prevent burns.
- Typically the freezing may last for several hours. Length of time varies with individuals.
- Transient jaw joint discomfort may occur when the mouth has been kept open. If discomfort has occurred reduce jaw activities such as heavy chewing, excess talking, gum chewing, etc.
- Most discomfort will occur in the first 24 to 48 hours as the body heals following treatment. It is recommended that an anti-inflammatory such as Ibuprofen (Advil, Motrin) be taken as needed for the first 2 days. If you are unable to take Ibuprofen, Tylenol Extra-strength may be substituted as a suitable pain-killer. Call our office with any concerns.
- Take all medications exactly as prescribed even if pain or swelling has subsided.
- Attend all post-operative follow-up appointments as recommended.

Restorations (Direct and Indirect fillings or Crowns)

- Slight sensitivity to cold, hot or biting is normal for a few days following the placement of a new restoration. Teeth that had deep decay or large restorations placed including crowns may require several weeks to settle down. If discomfort persists or if you have any concerns call our office.
- It is normal for new restorations to require slight adjustments regarding bite. If you feel you need an adjustment “because the teeth do not fit together quite right”, do not hesitate to call our office. Symptoms can include sensitivity to biting or chewing, especially when chewing hard foods. Call our office to schedule an adjustment as delay could damage the new restoration and lead to greater symptoms or problems. We normally do not charge a fee to adjust newly placed restorations.
- Following the placement of a new restoration, small bits of resin tooth cement or material may still be present between the teeth that were restored and may be removed by flossing. Most restorations will have very small ledges or areas where the floss

may catch slightly. If you experience persistent problems, call our office.

- If pain or swelling occurs following the placement of a new restoration, the tooth may require further treatment and/or antibiotics may be required to control the symptoms. If you have any concerns call our office.
- The gums may be sore following your appointment for several days. Rinse 3X per day with warm salt water to reduce discomfort and swelling as necessary.
- Most restorations will fail if not maintained properly. Regular brushing, flossing and check-ups are essential to maintain your restorations.

Temporary Fillings or Crowns

- Some procedures may require the placement of a temporary filling or crown. If a temporary restoration is used between appointments, it's common (and not a problem) for a small portion of your temporary filling to wear away or break off. If the entire filling falls out or if a temporary crown comes off, call us so that it can be replaced. It is very important for the fit of your final restoration that temporaries stay in place. Avoid sticky foods which can dislodge the temporary and try to chew on the opposite side of your mouth if possible. Brush the area gently but do not floss around the temporary filling (if present) as this may dislodge it.
- Call our office at 403-234-7400 if you have any concerns