



Post-Op Instructions For Composite Fillings

Do not eat or chew anything until the numbness has completely worn off. It is very easy to injure your lip or tongue while you are numb.

It is normal to experience some hot, cold or pressure sensitivity after your composite is finished. The injection site may also be sore. Tylenol, Ibuprofen or aspirin will work well to alleviate the tenderness.

It is important that your bite is correctly balanced. If you feel that your bite is not correctly balanced, please call the office to schedule an appointment *at no charge* for a simple adjustment.



Post-Op Instructions Crown & Bridge

Crowns and bridges usually take two or three appointments to complete. On the first appointment the teeth are prepared and temporary crowns or bridges are placed to protect the teeth while the custom restoration is being made. After each appointment that anesthetic is used, your lips, teeth and tongue may be numb for several hours after the appointment. Avoid chewing until the numbness has completely worn off.

On rare occasions, temporary crowns come off. Please keep the temporary and call us so that we can get you in to re-cement it. It is very important for the proper fit of your final restoration that the temporaries stay in place.

It's normal to experience some hot, cold, and pressure sensitivity after each appointment. Your gums may be sore for several days. Rinse three times a day with warm salt water (a tsp. of salt in a cup of warm water, rinse-swish-spit) to reduce pain and swelling. Us medication as directed.

To help keep your temporary in place, avoid eating sticky foods (especially gum), hard foods, and if possible, chew only on the opposite side of your mouth. It's important to continue to brush normally, but floss very carefully and remove the floss from the side to prevent removal of the temporary crown.

If your bite feels uneven, if you have persistent pain, or you have any other questions or concerns, please call our office (972) 346-5133.



Post-Op Instructions For Dentures & Partials

Dentures and partials require regular care and good oral hygiene.

Rinse your appliance under running water to remove any food particles after every meal. Use an approved denture cleaner every day and be sure to rinse your appliance after soaking it in the cleaning solution. Keep your appliance in the case, in water, when it is not being worn, to keep it hydrated.

Handling a denture requires care. It's a good idea to stand over a folded towel, or sink filled with water, in case you accidentally drop the denture.

Your new appliance might need some adjustment after you have worn it for 24 hours. This is normal and can be done in a small amount of time at the office, *at no charge*. **Do not attempt to adjust your denture yourself!** Please call the office (972) 346-5133 so we can adjust it for you as soon as possible.

For the first few weeks, your new denture may feel awkward or bulky. However, you will soon become accustomed to wearing it.

Inserting and removing the denture will require some practice. We recommend that you take your denture out at night when you sleep.

Replacing your missing teeth should make eating a more pleasant experience. Start out by eating soft foods that are cut into small pieces.

Remember to brush your natural teeth and gums regularly as directed Dr. Chang.

If you have any other questions or concerns, please call the office (972) 346-5133



Post-op Instructions Extractions

DO NOT DISTURB THE AREA: For the first 24 hours, it is very important to allow your body to form a good clot and start the natural healing process. Swishing, sucking through a straw, and smoking can all dislodge the clot. Keep anything sharp from entering the wound (crunchy food, toothpicks, eating utensils). Be sure to chew on the opposite side for 24 hours.

BLEEDING: When you leave our office, you might be biting on a gauze to control the bleeding. Keep slight pressure on the gauze for at least 30 minutes. After 30 minutes remove and place another gauze and continue biting for another 30 minutes.

SMOKING: Smoking should be stopped following surgery. The suction created when inhaling cigarettes can dislodge the clot. Smokers are at a greater risk of developing a painful Dry Socket.

PAIN: Some discomfort is normal after surgery. To minimize pain, take 2 Advil or similar non-aspirin pain reliever every 3-4 hours until bedtime to maintain comfort. **Take it before the anesthesia wears off.**

SWELLING: Applying an ice bag to the face will minimize swelling. Apply for 15 minutes on and 15 minutes off. Continue this for the first day.

NUMBNESS: You will be numb for several hours after you leave our office. Be very careful not to bite, chew, pinch or scratch the numb area.

BRUSHING: Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth gently, but avoid the area of surgery for 3 days.

RINSING: Avoid all rinsing or swishing for 24 hours after extraction. This could cause bleeding and risk of a dry socket. After 24 hours you may begin gently rinsing with a saltwater solution (1/2 tsp. salt + 8 ounces warm water). Avoid commercial mouth rinses.

DIET: Eat soft foods for the first two days. Return to normal regular meals as soon as you are able after the first two days. Drink plenty of water. **Avoid alcohol for 48 hours.**

ACTIVITY: After leaving our office, rest and avoid strenuous activities for the remainder of the day.

FOLLOW-UP APPOINTMENTS: You may need to return to our office to have sutures removed, or just for a brief follow-up healing check.

Please call our office (972) 346-5133 if you have:

- Uncontrollable pain
- Excessive or severe bleeding
- Fever
- Excessive warm swelling occurring a few days after the procedure
- Reactions to medications, especially rash, itching, or breathing problems.



Post-Op Instructions Nightguards/Occlusal Guards

Getting Used to the Occlusal Guard: If you are concerned about getting used to your occlusal guard, especially if this is your first appliance, then consider the first week as an adjustment period.

After dinner each night, wear the nightguard for several hours. At first you may salivate more than normal. Once you find you no longer notice it, you will be able to wear it comfortably while you sleep.

Our Concerns:

- If it binds on a tooth (teeth), we should adjust it.
- If you attempt to wear it after it has been “out” for a period of time, you may find that it no longer fits. Your teeth have shifted. We need to adjust the appliance.
- If you have any concerns about the occlusal guard, please call our office. We want you to be comfortable.

Our Goal is to help you keep your teeth for a lifetime of good health. Wearing this appliance helps decrease pressure from your teeth, joints and bone.

Rationale: While the appliance does protect your teeth from grinding and clenching, it is actually meant to remind you to keep your teeth apart. If it gets so comfortable that you find yourself grinding into it, please tell us and we will adjust it.

Cleaning: Occlusal guards will discolor over time. This is not a problem. Rinse it or brush it with toothpaste.

Please bring your occlusal guard with you for all dental appointments.
We will examine and clean it for you.

Warning: Dogs love to chew nightguards!



**POST-OP INSTRUCTIONS
FOR ROOT CANAL THERAPY**

The healing process may take a few days and any minor discomfort will subside gradually. You may experience moderate sensitivity to pressure. Your gum near the treated tooth may feel sore for a few days after treatment.

Take any medications that we have prescribed for you according to instructions.

Please wait till the numbness is gone before attempting to eat or chew anything.

Continue brushing and flossing.

A temporary filling has been placed on your tooth. Please do not bite down on the tooth for at least one hour.

The temporary filling must be replaced within 2-6 weeks. Please follow up with the placement of your permanent restoration as you have been instructed. An extended delay placing the final restoration may cause permanent damage to your tooth.

Please call our office (972) 346-5133 if you experience pain or swelling or if you have any questions.



Post-Op Instructions For Scaling and Root Planing/Deep Cleaning

Do NOT eat anything until the anesthesia wears off. Take pain medication(s) as directed, whether it is prescribed or over-the-counter.

Medications:

- Please take **Ibuprofen or Advil 600 mg** (equal to **3 tabs of over-the-counter** Ibuprofen or Advil) every 4-6 hours if necessary. Do NOT exceed 2400 mg (12 tabs) in a 24 hour period!!!
- Please take **Extra Strength Tylenol 1000 mg** (equal to **2 tabs of over-the-counter** Extra Strength Tylenol) every 4-6 hours if necessary. Do NOT exceed 4000 mg (8 tabs) in a 24 hour period!!!

Discomfort:

Slight swelling of the area is not unusual. Even chapped lips may occur.

A reusable ice bag or a frozen vegetable bag, wrapped in a soft towel, may be applied, **alternating 20 minutes on/20 minutes off** will be adequate during the **first 24 hours after deep cleaning**.

You may experience some tooth sensitivity after deep cleaning, especially to cold. Sensitivity usually decreases within several weeks after deep cleaning and can be minimized by keeping the area as free of plaque as possible. If the sensitivity is extreme, contact the doctor for recommendations or medications to relieve the discomfort.

Bleeding:

Minor bleeding may occur during the first 48 hours. You may rinse your mouth with warm salt water, but avoid extremely hot foods for **the rest of the day**. **If bleeding continues, apply light pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 20-30 minutes.** If bleeding increases or occurs past the initial 48 hours, please call our office as soon as possible to notify the doctor and receive further instructions.

Eating/Diet:

You may eat as tolerated after the numbness has worn off. Avoid sticky, hard, brittle, spicy, highly seasoned or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese, etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids.

Avoid smoking 7-14 days following the deep cleaning procedures, as smoking will delay your healing.

Homecare:

Rinse mouth 2-3 times per day with warm salt water (1 tsp. salt + 8 oz. water) or the mouth rinse prescribed to you. Start home care as instructed. There may be mild bleeding during brushing for a few days following the deep cleaning procedure.

If you have any questions or concerned, please call the office at (972) 346-5133.