

1. Root Canal

Endodontic treatment can take 1, 2, or 3 appointments depending on the case. It is possible to experience any of the following symptoms after any of these appointments:

sensitivity to hot and/or cold; sensitivity to pressure; possible swelling. If you experience swelling, please call our office immediately as additional medication may be required.

1- You may experience moderate pain and sensitivity to pressure on your tooth. Also, you may feel gum soreness for few days after your treatment. The healing process may take several days but the pain and discomfort should subside gradually.

2- Take any medication that was prescribed for you according to instructions.

3- Usually a temporary filling has been placed on your tooth, do not bite on the tooth for one hour and while you are numb. Also, until the permanent restoration is placed, be very gentle with the tooth. Try to chew with the opposite side.

4- Continue your brushing and flossing.

5- Follow up with the placement of your permanent restoration as you have been advised. Any unnecessary delay on placement of final restoration may damage the tooth permanently.

6- Call our office if you are in severe pain or experience swelling or if you have any questions.

2. Deep Cleaning

1- You may experience some cold and heat sensitivity (especially after deep cleaning).

2- If you have received anesthesia do not eat anything until the numbness has worn off.

3- Continue your regular brushing and flossing.

4- Some bleeding for a day or two after cleaning is normal, but if you experience any excessive bleeding call our office.

5- Call our office if you are in pain or if you have any questions.

3. Fillings

1- Do not eat on your new filling for one hour and until your numbness is gone.

2- If you are supervising children who had fillings done, make sure they don't bite on their numb lips or tongue (it can cause serious injury to their soft tissue).

3- Do not bite hard or chew on silver Amalgam fillings for 24 hours.

4- You may experience cold and heat sensitivity and some soreness on your gum, this usually subsides in few days.

5- Call our office if you experience pain or discomfort for more than a few days after the fillings, or if you have any questions.

4. Composite Filling.

Once we have restored your teeth with tooth-colored materials, these restorations will serve you well for several years. The resin (plastic) material used contains small "filler" particles of glass-like material for strength and wear resistance. They contain the finest and most up-to-date materials available today. However, you should be aware of the following information about your new restorations:

As with natural teeth, avoid chewing excessively hard foods on the filled teeth (hard candy, ice, raw carrots, etc.) because though composites are much stronger than amalgam ("silver") fillings, the resin material can break under extreme forces. Composite fillings set up hard right away. There is no waiting time to eat. Children should be observed until the anesthetic wears off. Due to the strange feeling of the anesthetic, many children will chew the inside of their lips, cheeks, or tongue which can cause serious damage.

Sensitivity to hot and cold is common for a few weeks following a dental restoration. Usually, the deeper the cavity, the more sensitive the tooth will be. If you feel the bite is not correctly balanced, please call for an appointment for a simple adjustment.

The gum tissue could have been irritated during the procedure and may be sore for a few days together with the anesthetic injection site. The finished restoration may be contoured slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days. When a tooth has a cavity we remove the decay and fills the hole with a filling material, the tooth supports the filling. The ideal filling is no more than 50% of the tooth. This leaves half the tooth to support the filling. When you get a cavity that takes up 60% or more of the tooth, sometimes an Onlay (porcelain filling) or even a crown ("cap") is indicated. A crown covers the entire tooth and holds the tooth together.

5. Crown Bridge.

- 1- Crown and bridges usually take 2 or 3 appointments to complete. On the first appointment the tooth/teeth are prepared and impressions are taken and a temporary crown is placed on your tooth/teeth.
- 2- You may experience sensitivity, gum soreness and slight discomfort on the tooth / teeth, it should subside after the placement of permanent crown.
- 3- Whenever anesthesia is used, avoid chewing on your teeth until the numbness has worn off.
- 4- Temporary crown is usually made of plastic based material or soft metal. It could break if too much pressure is placed on it. The crown also may come off; if it does, save the crown and call our office. The temporary crown is placed to protect the tooth and prevent other teeth to move. If it comes off it should be replaced. To avoid losing your temporary, avoid chewing on sticky and hard food (chewing gum, ice). Try to chew on the opposite side of the treatment as much as possible.
- 5- After the permanent restoration is placed you may feel slight pressure for a few days. Also, the bite may feel different for a day or two. But if the bite feels uneven or you feel discomfort on chewing on the tooth after 2-3 days call our office. Delaying the necessary adjustments may damage the tooth permanently.
- 6- Continue your normal brushing but be careful while flossing around the temporaries (remove the floss gently from the side).
- 7- Call our office if you are in pain or if you have any questions.

6. Dentures

- 1- You will experience some discomfort with any new denture for a few days. All new dentures need several adjustments to completely and comfortably fit your mouth.
- 2- You should take the dentures out every night and keep them in a clean container containing water or denture cleaning solution. Your gum needs rest and to be without the dentures every day for a period of time.
- 3- Clean dentures thoroughly with brush and water before putting them back in your mouth.
- 4- It may be difficult to talk normally with the new denture for a few days. A way to practice is to read a book or newspaper out loud for a period of time everyday. Your tongue and muscles will get used to the new denture and you will talk normally very soon.
- 5- Call our office if you are experiencing pain, discomfort or if you have any questions.

7. Veneers

Plastic temporary restorations will serve you for a short period of time while your permanent veneer is being made. They are attached only slightly to the underlying tooth so they can be removed easily. If a veneer comes off, call us and we will replace it immediately. If you are in a situation that will not allow you to come in, place the temporary back in place with some Fixodent™ (denture adhesive). You must still see us as soon as possible. The size, shape, and color of the temporary does not resemble the final veneer. Temporary veneers may leak saliva or food onto the tooth. Sensitivity to hot, cold, pressure, or sweets is not uncommon. You may also see stains under the temporaries. These will be removed prior to final cementation. Avoid heavy brushing of the temporaries and do not floss between them because you may pull them off. Your final porcelain veneers will be as close to the natural beauty and function of teeth as possible. They look and feel normal in every way.

8. Final Veneers.

We place our veneers with the finest materials and techniques available today. However, you should be aware of the following information about your restorations: As with natural teeth, avoid chewing excessively hard foods on the veneered teeth (hard candy, ice, raw carrots, etc.) because the porcelain material can break under extreme forces. Proper brushing, flossing, and regular 6-month (minimal) cleanings are essential to the long-term stability and appearance of your veneers. Often, problems that may develop with the veneers can be found at an early stage and repaired easily, while waiting for a longer time may require redoing entire restorations. The gums may recede from the veneers, displaying discolored tooth structure underneath. This situation usually takes place after many years and requires veneer replacement.

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POST OPERATIVE SURGICAL INSTRUCTION

1. Bleeding is to be expected following extractions and other surgical procedures. The gauze that has been placed in your mouth before you left the office should remain in position for at least 45 minutes. At the end of the 45 minutes, please take two or three pieces of gauze, fold in half and if needed fold again and replace the gauze that is in your mouth and continue biting very firm on the gauze for another 45 minutes – total time biting on gauze is approximately 1 ½ hours. Should the bleeding continue after this, repeat the process, placing gauze for another 45 minutes. Should there continue to be excessive bleeding do as follows:

- o Wipe off excessively large blood clots with sterile gauze.
- o Place folded gauze over the bleeding area and bite firmly on pad and maintain gentle pressure for 45 minutes.
- o Contact the office or call the emergency telephone number if bleeding persists.

2. Pain. Some discomfort is normal following surgery. Please take two aspirin or Tylenol™ or Advil™ or other over-the-counter analgesic as soon as you arrive at home. Continue to take the analgesic every three hours at least for the first day to minimize any discomfort. If you have been given a prescription for pain medication, please take as directed (Do not drive, work with machinery, or drink alcoholic beverages for at least 6 hours after taking any prescribed pain medication). Some pain medications may make you nauseous and should be discontinued if this takes place. If you have a reaction to the medication, stop the medication and call the office immediately.

3. Antibiotics. If antibiotics are prescribed, take as directed. Be sure to take all the tablets prescribed. If any reactions occur, such as a rash or itching, discontinue all medication immediately and immediately call the office.

4. Rinsing. Do not rinse your mouth, do not spit and do not use mouthwash, as any of these will lead to a possible loss of the blood clot which protects the healing extraction site and will then lead to pain.

5. Swelling. Following surgery some swelling is expected. It will reach its peak on the second day following surgery and it will begin to resolve on the fourth day. To minimize swelling, apply a covered (with towel) ice bag to your face for 20-minute intervals, removing the bag for 10 minutes in between intervals. Continue ice packs for 4-6 hours after surgery.

6. Temperature. Following surgery it is quite common to have a slight elevation in temperature. Rest, 2 aspirin or Tylenol™ or other over-the-counter analgesic every 4-hour and plenty of fluids will return temperature to normal. If you are taking pain medication, they will also aid in controlling fever and additional aspirin or Tylenol™ or other over-the-counter analgesic will not have to be taken.

7. Eating. A well balanced diet is important for proper healing. A soft, bland diet is suggested for the first few days. Drink plenty of fluids as soon as possible, especially if you have been given antibiotics. Avoid hot foods, hot liquid and avoid smoking for at least 48 to 60 hours after surgery. (Smoking will delay the healing process.)

8. Impacted teeth. The removal of impacted teeth is quite different from the extraction of erupted teeth. The following conditions may occur, all of which are considered normal:

- o Swelling and bruising can be expected. Minimize by using ice packs.
- o Moderate to severe pain can be expected. Do not wait until the pain is severe to take medication. Have the prescription filled and take the first dose at once.
- o Trismus (tightness) of the muscles may cause difficulty in opening the mouth. Should this happen, moist heat applied to the area should help. A sore throat may also develop.
- o The corners of your mouth may dry and crack. Keep moist with ointment or petroleum jelly.