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INSTRUCTIONS FOLLOWING ORAL SURGERY

Healing following the surgery you have just experienced is usually fast and uneventful if you follow the directions below:

AFTER CARE:

1. **BLEEDING:** leave the gauze sponges in for 30 minutes. Replace them for another 30 minutes if fresh red blood is present. If bleeding continues after this time, bite on a Lipton "tea bag" for 30 minutes.
2. Do not drink or eat hot foods today, as you may dissolve or loosen the healing blood clot.
3. Do not disturb the wound site for the next few days. This includes smoking, sucking on a straw, rinsing your mouth vigorously or spitting vigorously. You may disturb the blood clot, causing bleeding, slow healing and/or bone pain often called a "dry socket".
4. Do not eat hard food in the area of the surgery for a few days. You could disturb the healing.
5. Do not over exert yourself over the next 24 hours.
6. If swelling or fever begins to develop, please call the office at once.

PLEASE NOTE THE CHECKED ITEMS BELOW:

7. SUTURES (STITCHES):

- Were not placed.
- If sutures were placed, they will not need to be removed, they will dissolve in 5-7 days.

8. PAIN

- You have not been given a prescription for pain. You should not experience discomfort. Take aspirin or Tylenol for mild discomfort which may come on in about 2 hours. If the pain is more than these drugs can stop, please call us for a telephone prescription to your nearest pharmacy.
- You may have been given a prescription for pain. You may elect to try managing the discomfort with aspirin or Tylenol before filling the prescription. If these drugs will not control the pain, please get the prescription filled.

9. ANTIBIOTICS

- You have not been given an antibiotic.
- You have been given a prescription for an antibiotic. Please take the medication faithfully until all of the tablets are gone.

10. COLD APPLICATION:

- Not necessary for your surgery.
- Use cold packs (ice in plastic bag with cloth wrap) on the outside of your face near the surgery site (20 minutes on, 20 minutes off for about 2 hours).



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INSTRUCTIONS FOLLOWING ROOT CANAL THERAPY

You have just had the nerve (pulp tissue) removed from your tooth.

A few comments about this procedure will be helpful to you.

AFTER CARE:

1. A portion of your mouth will be numb for several hours following treatment. Be careful to not eat anything extremely hot or cold until the feeling comes back to your tissues.
2. It is not unusual to have some minor discomfort for 24-48 hours. Tylenol or Advil-like medications are usually all that are needed.
3. If something stronger is needed, a pain prescription is usually provided. Please fill the prescription and take medication exactly as prescribed.
4. It is not unusual to have some pain when chewing on the treated tooth. This may last for several weeks. It is best to avoid chewing in that area until the tenderness is gone.
5. If medications other than pain medications are prescribed, take exactly as directed. If you have an unusual reaction to any medication, discontinue taking it and call the office at once.
6. If, when you close your teeth together, it feels like the treated tooth strikes first, please call the office so that we can adjust your bite. This will encourage more rapid healing.

SWELLING OR FEVER:

If swelling or fever begins to develop, please call the office at once.

ADDITIONAL TREATMENT:

The following treatment needs to be done to protect the tooth after Root Canal Therapy:

A cast crown needs to be placed to protect against future fracturing of the tooth.

A post and core needs to be placed in the tooth to replace missing tooth structure for additional strength.

A filling needs to be done in the tooth or crown to seal the Root Canal opening.

Possible surgery to remove cyst or granulation tissue at the tip of the root if the body is not able to complete the healing of the abscess following Root Canal Therapy.



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INSTRUCTIONS FOR WEARING BRUXISM SPLINT/NIGHT GUARD

1. The occlusal device will allow your jaw joints and muscles to function more smoothly. It will allow the jaw to find its best position because the device prevents the teeth from locking together. It should reduce muscle spasm, clenching habits, jaw/joint pain, and teeth wear.
2. Wear the occlusal device as instructed.
3. Excess saliva may be present for a few days.
4. When the occlusal device is removed from the mouth, you may notice that the “bite” of your teeth feels different for a few minutes. This is to be expected because of the relaxation of your lower jaw and muscles.
5. After a few days, you should have little difficulty in speaking. Remember, any difference in your speech is magnified in your own ears, but it is not as noticeable to others.
6. Do not clench your teeth on the occlusal device because this will cause muscle spasms or pain.
7. Clean both sides of the prosthesis carefully with a toothbrush and toothpaste every time you brush your teeth. Good tooth brushing of your own teeth is also important.
8. Keep your regular check-up appointments. They are necessary for adjusting and refitting the occlusal device.
9. If you are having jaw pain, avoid eating tough and chewy foods while your TM joints, ligaments, and muscles are healing.
10. When you experience pain, apply moist heat to the affected area of the face. Use a damp wash cloth under a hot water bottle for 15 to 20 minutes, 3 to 4 times a day.