



OLDHAM
Aesthetic & General
DENTISTRY

Follow up care and instructions for home use

***How to best care for yourself and
your orthotic to ensure best results***

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Extraction Follow Up

Tooth extraction is a surgical procedure. You will want to follow these simple guidelines after your extraction:

1. Fold a piece of gauze into a pad thick enough to bite on. This pressure will help minimize bleeding. You will need to change the gauze every 30 minutes until bleeding has stopped (usually 2 or 3 times is sufficient).
2. Do NOT suck on a straw or play with the site with your tongue.
3. No smoking for 48 hours.
4. Avoid alcohol and mouth rinses with alcohol.
5. Do not clean the teeth next to the site for the rest of the day. You should brush and floss your other teeth. Do not rinse for 24 hours.
6. Limit strenuous activity for 24 hours.
7. After your extraction, you may have some swelling and discomfort. You can help reduce swelling by placing a cold compress to your face. If you have severe pain or swelling, contact us as soon as possible.

Drink lots of water and eat soft nutritious foods. Try not to chew on the side of the extraction for a few days to let the socket heal.

What do I do if I notice bleeding?

A small amount of bleeding after your extraction is normal. Typically, the bleeding will stop within 20-30 minutes after your appointment. If you notice some pink in your saliva, do not worry. But if the bleeding continues, you can simply bite on a tea bag (black tea from Lipton, for example) for 30-60 minutes. The tannic acid in the tea will stop any continued bleeding. If you continue to notice bleeding after using the tea bag, please contact our office immediately.

Dry Socket--what is it?

Dry socket is when the blood clot that forms in the socket comes out, exposing the bone underneath. This may happen a few days after the procedure. This is a very painful condition and should be reported to us IMMEDIATELY.



How to Care for Temporary Crown(s), Bridge, Inlay, or Onlay

Your temporary is made out of acrylic, and is therefore fairly strong, but chewing with common sense is necessary. Hard or sticky foods/gum are not recommended; this includes Trail mix and Milk Duds.

Cleaning

- ▶ You can clean around your temporary as usual, but remember to pull the floss out the side after flossing, rather than pulling up or down on the floss, as this motion may dislodge your temporary.
- ▶ A WaterPik is ideal for cleaning around temporary restorations. Aiming the water stream down away from your gums will give you best results.
- ▶ If flossing under a bridge, use floss and a threader or SuperFloss
- ▶ Clean under the bridge mid section by poking the threader under the bridge and flossing underneath, being careful to run the floss along the gum, and not applying pressure on the bridge itself.

What happens if my temporary comes off?

Your temporary is cemented on with a temporary cement to allow for easy removal at your next appointment. If your temporary dislodges at any time, it is not an emergency. You can put it back on yourself, with a dab of vaseline or Fixodent. This is a temporary measure, so please call our office on the next business day so we can schedule some time to recement it properly. If you are unable to replace it, keep the temporary. Do Not Discard It. Bring it with you to the appointment, even if it appears to be fractured. We ask that you don't go without wearing the temporary for more than a few days, as other teeth can shift into that space, and your tooth may become very sensitive if left uncovered.

The bite on this temporary is adjusted to blend in with your other teeth and feel comfortable. If you find after the first day of wearing it, that the bite doesn't feel quite right, or it feels like there may be a high spot interfering with how your teeth come together, please call our office during business hours, and we will be happy to schedule some time to take a look at it, and adjust it if needed.

It is normal for your tooth and surrounding gum area to be sore for a day or two after leaving our office. We recommend you take whatever you normally would take for pain. (Ibuprofen, Tylenol, etc.) Follow the dosage directions on the label. Discomfort should subside within a couple days, but some cold sensitivity on the tooth may remain while you wear the temporary.

If you should have any questions or concerns, we encourage you to call our office at **385-6100**.



Restoration Follow Up

After your restorative procedure (this includes fillings and crowns), you may experience a little discomfort from the injection site or any work we did around the gumline. We suggest taking Tylenol or Advil before the numbness wears off and keep some in your system for about 24 hours to relieve any discomfort.

Once the numbness has worn off, pay attention to the way your bite feels. We make sure the restoration fits into your natural bite, but we can't always be sure how accurate we are until you start feeling and using the tooth again. If you feel like the bite is too high where the filling was placed or maybe even just a slight bumping, you will need to call our office and make an appointment to get the restoration adjusted. You will not need to be numb, we will be adjusting the filling not you. With complete feeling, you can help guide us to the high spot.



Care for Your Orthotic

Your orthotic is designed to change your bite. Because of this, it will require getting used to. Many people notice their speech is different at first. And chewing may require some getting used to as well. The more consistent you are in using your orthotic, and the better your outlook on its use, the more likely it is to help your symptoms.

When to Wear Your Orthotic

The amount of time you wear your orthotic will depend on you and your doctor. We recommend you wear your orthotic when you sleep and depending on your situation, during the day when possible. Many of our patients have adapted to speaking with the orthotic in place, so it is possible to wear it at work or any other daily activities.

You Should Feel Comfortable in Your Orthotic

After wearing your orthotic for several weeks to months, you may notice a change in the way your bite feels. You may feel one side hitting harder than the other. This is normal. As your muscles relax, your joints will position differently. After your initial fitting, we will have follow-up visits to follow the change in your bite. Depending on how much you change through this first stage will determine the number of follow-up appointments you will need.

Do Not Let the Orthotic Disrupt Your Sleep

At first, the orthotic may seem foreign and distracting. You should try to wear the orthotic as long as you can at night. If you find it too much, take it out and try to wear it longer the next time. If a specific thing is stopping you, make sure to address the issue with us, we may be able to adjust it to your comfort.

Keep Your Orthotic Clean

Your orthotic will build up plaque and stain, just like your teeth. You should brush it with toothpaste and a toothbrush daily. Make sure you bring your orthotic with you to your next recall appointment—we will clean it in our ultrasonic at no extra cost. Our team will also want to check on your progress and make sure everything is still balanced.