

Surgical Extraction Post-Operative Instructions

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Please use these instructions for post operative support. If there are any symptoms not mentioned here or ANY concerns, please do not hesitate to call our office at (757) 464-6228.

1. Take pain medication and antibiotics (if prescribed) as soon as possible. It is best if you take these prior to anesthesia wearing off so discomfort can be controlled.
2. **DO NOT** drive, operate heavy machinery or drink alcohol while taking pain medication and **ALWAYS** read and follow label directions.
3. Expect some oozing from the surgical site(s), this is a normal occurrence. If bleeding is continuous you may try biting on gauze or a teabag for 20 minutes, if this does not work please call our office.
4. If you notice swelling in the neck and/or difficulty breathing call the office **IMMEDIATELY**.
5. **REST** the day of surgery. Avoid strenuous activity or any activity that will increase your heart rate.
6. Drink plenty of fluids, preferably with Vitamin C, to help with absorption of medications. **DO NOT** drink through a straw. **DO NOT** drink carbonated liquids.
7. You may notice soreness at or about the injection site; this is normal and should disappear in a few days.
8. Ice may be placed outside the face in the general area of the extraction. The ice can be placed in a plastic bag and wrapped in a wet washcloth. The ice pack should be placed for 10 minutes at a time.
9. Continue to apply pressure on gauze for 1 hour post operatively. Change the gauze every 15 minutes.
10. **DO NOT** smoke.

Crown Post-Operative Instructions

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Today a tooth (teeth) was prepared for a crown. The tooth was lightly sanded down, a model of the prepared tooth was then made from plaster and this model was sent to a laboratory where a new, custom tooth will be made. A temporary crown, made from acrylic was placed on the prepared tooth to protect it while the real crown is being made.

During this time the gum area around the tooth being prepped may be cauterized to allow the permanent crown to fit properly. This will cause discomfort for a few days. Please use caution while brushing around this area as not to irritate the gum more.

The tooth may be sensitive. The gum will be sensitive and can take time to heal properly. Cold sensitivity is normal and will be transient.

Please call for an appointment if:

1. You cannot bite or chew on the tooth either while the temporary crown or the real crown is in place; the tooth may need to be adjusted.
2. There is any swelling of the gum and/or your face.
3. The temporary crown comes off. In the mean time, you can place petroleum jelly inside the temporary and place it back on the tooth.

DO'S:

- Use a warm saltwater rinse (1/4 tablespoon salt; 8 ounces water). This solution can make the tooth and gum areas feel better after treatment.

DONT'S:

- DO NOT BRUSH AROUND THE TEMPORARY CROWN AREA FOR 3 DAYS AFTER PREPARATION. This will allow adequate healing to take place.
- DO NOT FLOSS THE TEMPORARY CROWN! It will come off. Once the permanent crown is in place, normal flossing can be performed.
- DO NOT EAT ANYTHING STICKY OR ANYTHING HARD ON THE TEMPORARY! Use good judgment here.