

## General Postoperative Instructions

### *Fillings*

1. Some discomfort in the teeth and gums is normal after a filling has been placed. It can be controlled by taking ibuprofen (Advil or Motrin) or acetaminophen (Tylenol) in the dosage described on the bottle.
2. You may experience sensitivity to cold foods and beverages. This is normal, but it is best to avoid these foods for a few days. It may take weeks or months for this sensitivity to fully subside.
3. Call the office if you feel as if a filling it **too "high" or if your bite just doesn't feel right.**

### *Crown and Bridge*

1. Some discomfort in the teeth and gums is normal after a crown or bridge procedure. It can be controlled by taking ibuprofen (Advil or Motrin) or acetaminophen (Tylenol) in the dosage described on the bottle.
2. You may experience sensitivity to cold foods and beverages. This is normal, but it is best to avoid these foods until your final crown is delivered.
3. Avoid foods that are hard, crunchy, sticky, and chewy. These foods have a tendency to dislodge the temporary crown that is covering your prepared tooth.
4. Brush in a normal manner. Flossing is encouraged, however, you will have to modify your technique to avoid pulling the floss in a direction that may dislodge the crown as was demonstrated to you.
5. Call the office if you experience excessive discomfort that you cannot control with the suggestions above., or if your temporary crown falls off.

### *Veneers*

1. Mild discomfort in the gums is normal after preparing and seating veneers. It can be controlled by taking ibuprofen (Advil or Motrin) or acetaminophen (Tylenol) in the dosage described on the bottle.
2. For temporary veneers, please be sure to brush them daily. Do not floss your temporary veneers unless you are instructed to do so.
3. For final veneers, please be sure to brush and floss them daily as you would your natural teeth.
4. Do not use your front teeth to open packages, bottles, or even to bite your finger nails.
5. Be sure to use the night guard you may have been prescribed.

### *Root Canal Therapy*

1. Some discomfort in the teeth and gums is normal after having a root canal performed. It can be controlled by taking ibuprofen (Advil or Motrin) or acetaminophen (Tylenol) in the dosage described on the bottle.
2. You may experience mild to moderate pain when biting hard and crunchy foods. This is normal, but it is best avoid chewing on the tooth until a final filling or crown is placed on the tooth.
3. Brush in a normal manner. Avoid flossing the tooth until a final restoration is made.
4. Remember that a final restoration should be placed as soon as possible to avoid fracturing the tooth.