

## Post Op Instructions

### Fillings

- Please do not chew until anesthetic has worn off. Chewing with a numb mouth can lead to injury of the tongue, lips and cheek.
- Some sensitivity to temperature after a filling is placed is normal. This will gradually subside over 1-2 weeks. If the sensitivity persists or gets worse, please contact our office for an evaluation.
- Modern, tooth colored fillings set up immediately, so normal chewing is ok once the numbness wears off.

Please call us if you have any questions (586) 323-7201.



## Root Canal Therapy

### Information About Your Endodontic Treatment

We strive to make your dental treatment as comfortable as possible. A few comments about endodontic treatment will be helpful to you.

1. **Sensitivity:** Usually root canal therapy takes 1-3 appointments. After each appointment it is normal for the tooth to be tender to pressure and the gum to be sore for 1-2 days. Taking Tylenol or Advil will help relieve this discomfort. Any swelling or severe ache should be reported to our office right away
2. **Chewing:** Until a final restoration is placed, a temporary filling will be in your tooth and the tooth will be in a weakened state. To avoid further breakdown of the tooth, please avoid chewing on the tooth until the final restoration is placed. You may feel small pieces of the temporary filling come out. This is usually not a problem.
3. **Treatment Completion:** Once a root canal is started it is imperative that it be completed within a short period of time. Waiting months in between visits invite reinfection and further pain in the tooth. It is also important to have the final restoration, usually a post and crown, placed as soon as possible to prevent fracture of the tooth.
4. **The Future:** Once the root canal and final restoration are successfully placed, your tooth will function normally for a long time. You may have some tenderness in the gum around the tooth for up to 6 months as your tissue heals. Otherwise you should have no sensitivity and you should be able to chew comfortably on the tooth.

**Please call if you have any questions. (586) 323-7201**

## Temporary Crowns/Bridges

### Temporary Crowns or Bridges

You have just received a plastic restoration that will serve you for a short period of time. A few comments about this temporary restoration will be helpful to you.

#### **CHEWING:**

- The temporary cement requires one-half hour to set. Please do not chew during that period of time.
- Please avoid chewing on temporary as much as possible until the final restoration is placed.
- Temporary restorations are not strong. They may break or come off occasionally. If so, call us and we will replace them. If you are not where you can contact us, go to the pharmacy and get some FIXODENT. Replace the temporary on your tooth with some FIXODENT holding it in place. This denture adhesive will retain the temporary restoration until you can see us. PLEASE NO NOT LEAVE THE TEMPORARY RESTORATION OUT OF YOUR MOUTH, BECAUSE THE TEETH WILL MOVE AND THE FINAL RESTORATION WILL NOT FIT.
- Certain foods will stick to the temporary restoration. This will not happen with the porcelain or gold restoration to be cemented soon.

#### **COLOR:**

The color of the plastic temporary does not resemble the final restoration in any way.

#### **SHAPE, SIZE:**

The anatomy of the plastic temporary does not resemble the final restoration in any way.

#### **TOOTH SENSITIVITY:**

Temporary restorations may leak saliva or food into the tooth. Sensitivity to cold, hot, or sweets is common. This will NOT be the case with your later restoration.

Please call us if you have any questions or problems. (586) 323-7201

Thank You.

## Partial Dentures

### Information About Your New Removable Partial Dentures

We have done our best to provide you with well fitted, functional, and esthetic artificial dentures. We feel confident that after a few weeks of becoming adjusted to the new dentures, you will have years of satisfaction and use from them. The following information will be helpful to you at this time:

**1: Your first few weeks:** Dentures always feel strange when first placed in your mouth. Several days or weeks will be required for you to feel accustomed to them.

**2: Sore Spots:** Usually, your mouth will have a few sore spots after wearing the dentures for the first day. The sore areas can be eliminated in a few appointments. Using a product called ORABASE with benzocaine on these spots will provide some relief until the sore spots can be eliminated.

**3: Chewing:** The new “bite” or occlusion will not feel comfortable for a period of days. We may adjust the contacting surfaces of your teeth after the dentures have “settled” into place.

**4: Cleaning the dentures and your mouth:** Your dentures can be cleaned easily by using a toothbrush and a denture toothpaste or regular hand soap. Use special care to clean parts of the partial that contact your natural teeth. Both the partial denture and the natural teeth must be kept very clean on a daily basis to reduce the chance of new dental decay starting. We recommend leaving your dentures out at night. Leave them soaking in water or in a commercial denture soak. Occasionally soak the dentures or partials in a 50:50 solution of White Vinegar and Water. This is great to turn that hard baked on debris into a gummy consistency that can be removed with ease.

**5: The Future:** Your jaw bone and gums shrink up to 1/32 of an inch per year when your teeth are missing. This is one of the main disadvantages of artificial dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated every 6 months. We will inform you when relining of the dentures is necessary. Wearing ill fitting dentures for too long without refitting can cause severe bone loss.

We look forward to helping you adjust to and enjoy your new partial dentures. If you have any questions please call. (586) 323-7201

## Complete Dentures .

### Information About Your New Complete Dentures .

We have done our best to provide you with well fitted, functional, and esthetic artificial dentures. We feel confident that after a few weeks of becoming adjusted to the new dentures, you will have years of satisfaction and use from them. The following information will be helpful to you at this time.

- **Your first few weeks:** New dentures always feel strange when first placed in your mouth. Several days or weeks will be required to feel accustomed to them.
- **Sore Spots:** Usually, your mouth will have a few sore spots after wearing the denture for the first day. These sore areas can be eliminated in a few appointments. Using a product called ORABASE with benzocaine on these spots will provide some relief until the sore spots can be eliminated.
- **Chewing:** The new “bite” or occlusion will not feel comfortable for a period of days. We may adjust the contacting surfaces of your teeth after the dentures have “settled” into place.
- **Cleaning the dentures and your mouth:** Your dentures can be cleaned easily by using a toothbrush and a denture toothpaste or regular hand soap. You may also brush your gums with a regular toothbrush to toughen and clean them. We recommend leaving your dentures out at night. Leave them soaking in water or in a commercial denture soak.
- **The Future:** Your jaw bone and gums shrink up to 1/32 of an inch per year when your teeth are missing. This is one of the main disadvantages of artificial dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated every 6 months. We will inform you when relining of the dentures is necessary. Wearing ill fitting dentures for too long without refitting can cause severe bone loss.

We look forward to helping you adjust to and enjoy your new dentures.

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## TMJ Problems

### SELF MANAGEMENT FOR TMJ/JAW PAIN AND GRINDING/CLENCHING

We use our mouths for many activities: talking, eating, yawning, and laughing. When we are not engaged in these, we need to allow our jaw muscles and joints to relax. Many people have developed habits that do not permit their jaw muscles or joints to relax sufficiently. The steps listed below will help you learn how to relax these muscles and joints, thereby reducing your discomfort and destruction of your joints and teeth.

- **Reduce Stress.** Identify areas of stress in your life and try to reduce this stress. This step alone will help relieve many symptoms associated with TMJ and jaw muscle problems.
- **Eat soft foods.** Confine your diet to soft foods such as casseroles, canned fruits, soups, eggs, yogurt, and Carnation instant breakfast. Do not chew gum or eat hard foods (such as raw carrots) or chewy foods (such as caramels, steak, or bagels). Cut other foods into small pieces, and chew on both sides of your mouth to reduce the strain on one side.
- **Rest your jaw muscles.** Keep your teeth apart and practice good posture. When you're not chewing, your teeth should never touch (except occasionally when you swallow). Closely monitor your jaw position for signs of clenching. Try placing your tongue lightly on the top of your mouth behind your upper front teeth, allowing the teeth to come apart and relaxing the jaw muscles.
- **Avoid caffeine.** Caffeine stimulates your muscles to contract and to become more tense. Caffeine or caffeine like drugs are in coffee, tea most sodas, and chocolate.
- **Watch your habits.** Avoid oral habits that put strain on the jaw muscles, joints and teeth. These include clenching or grinding your teeth; touching or resting your teeth together; biting or chewing on your cheeks, lips, pencils, pens, fingernails, chewing gum, pushing your tongue against your teeth; and tensing your jaw.
- **Sleep smart.** Avoid sleeping habits that strain your jaw muscles and joints. Don't sleep on your stomach. Don't sleep with your hand under your jaw.
- **Don't open wide.** Avoid activities that involve opening the jaw wide including yawning, yelling, and prolonged dental treatments.
- **Use medications.** Use anti-inflammatory and pain-reducing medications like Advil, Nuprin, Aleve or Tylenol to reduce joint and muscle pain. Avoid medications with caffeine such as Anacin, Excedrin or Vanquish.
- **Use hot or cold packs.** Apply moist heat, ice or a combination of both to the painful area. Most people prefer heat, but if that increases your pain, use either the combination or ice alone. Apply moist heat for 20 minutes two to four times each day. Wet a towel with very warm water, keeping it warm by wrapping it around a hot water bottle or by placing a piece of plastic wrap and a heating pad over it. The towel can also be re-warmed in the microwave oven or under very warm tap water.
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Use the combination of heat and ice two to four times each day. Apply the heat as recommended above for 10 minutes, then lightly brush the painful area with an ice cube wrapped in a thin washcloth. Repeat this sequence four or five times.