

Patient Post-Operative Advice

[] **Today you have had a procedure under local anaesthetic.** The area may feel swollen or tight. As the local anaesthetic wears off you may find you have a tingling or burning sensation. The local anaesthetic usually lasts approximately 2-4 hours. During this period take care not to injure the area as you may not feel any damage – be careful when eating, or drinking hot fluids.

[] **After receiving a dental filling:** Do not eat for one hour or until your numbness has gone. Do not bite on your numb lips or tongue.

Please supervise children carefully to ensure that they do not injure their soft tissues.

You may experience sensitivity to heat and cold and some gum soreness; this will subside within a few days.

If you experience pain or discomfort for more than a few days following your procedure, please contact the practice.

[] **Root Canal Therapy:** Following your root canal treatment, you may experience moderate pain and sensitivity to pressure on your teeth. You may also feel gum soreness for several days. The pain and discomfort should subside gradually as you heal.

We recommend that you: Take any prescribed medications as directed.

Do not bite on the treated tooth while numb.

Be very gentle with the treated tooth until a permanent restoration is placed. Try to chew on the opposite side of your mouth.

Continue brushing and flossing as you normally do.

If you experience severe pain or swelling, please contact the practice.

[] **Crowns, Bridges, and Inlays:** Crowns and bridges usually take two to three appointments to complete. After your teeth are prepared for your restoration, we will take impressions of your smile and place a temporary restoration. While you wait for your permanent restoration, you may experience sensitivity, gum soreness, and/or slight discomfort on the treated tooth. This should subside after we place the permanent restoration. For a successful treatment, we recommend that you:

Avoid chewing until the numbness from the anaesthesia has worn off.

Do not chew on sticky or hard food (chewing gum, ice, etc.). This may cause the temporary restoration to come off or break. Try to chew on the opposite side of the mouth to the temporary as much as possible.

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Continue normal brushing habits, but be careful when flossing around the temporary restoration. If you have trouble getting the floss between the temporary and surrounding teeth, refrain from flossing that tooth until you receive your permanent restoration.

After the permanent restoration is placed, your teeth and bite may feel different. If your bite still feels uneven or you feel discomfort when chewing on the tooth after two to three days, call the practice so that our dentist can adjust the restoration.

[] **Periodontal treatment:** Following a deep dental cleaning you may experience some cold and heat sensitivity. We recommend that you:

Do not eat anything until the numbness from anaesthesia has subsided.

Continue regular brushing and flossing.

Some bleeding for a day or two following treatment is normal; however, if you experience excessive bleeding, contact the practice immediately.

Please call the practice if you have any questions or are in severe pain.

[] **Extractions:** Following an extraction you may experience some discomfort or bleeding.

To help ensure a healthy blood clot we recommend that you:

DO NOT rinse your mouth out, just spit out any blood. It is okay to sip water.

DO NOT SMOKE on the day of extraction.

To prevent continued bleeding we recommend that you:

Take it easy for a few hours, but do not lie down.

Avoid alcohol & hot food/drinks for the rest of the day.

24 hours after the extraction you should bathe the socket with warm salt water after meals for at least a week, or until healing is complete.

Possible problems after extraction:

Pain:

If you experience pain, analgesics such as 1 or 2 Paracetamol &/or Ibuprofen tablets should be taken, following the product directions. Please check that there are no contra-indications to you taking either of these tablets.

Continued Bleeding:

If it does bleed, put a piece of folded gauze (provided) over the socket and apply pressure for 10-15 minutes.

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If the bleeding does not stop for several hours after an extraction, despite continued firm pressure by biting on gauze, please contact the dental practice for advice.

Persistent Pain and possible Swelling:

This is usually a dry socket, which occurs when the blood clot in an extraction socket disintegrates and stops the natural healing process. It happens in about 5% of extractions. Some things are known to damage the blood clot such as excessive rinsing out and smoking. Other dry sockets occur for no obvious reason.

This very painful, but not serious, condition can be treated by placing a pain relieving dressing in the socket. Antibiotics are not usually needed. Although the socket will eventually heal without treatment it will be very painful so it is best to contact the dental practice.

If you have any concerns:

During surgery hours, please contact the surgery on 01904 797434.

For advice out of surgery hours please call 01904 783194 (available weekday evenings between 6-8pm and weekends & Bank holidays between 10am – 1pm).

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