



13000 Avalon Lake Dr.  
Suite 201  
Orlando, FL 32828  
407-658-0103

**ELITE DENTISTRY**

**Dr. MARK ASHY**

## Post Op Instructions for Deep Cleaning

- It is not unusual for the teeth to be more sensitive to hot or cold temperatures, and/or sweets. This occurs as the gum tissue heals and shrinks in size. Brushing two to three times daily with sensitivity toothpaste or using fluoride rinses may help alleviate this over time.
- Following scaling and root planing, as your gums begin to heal, you can expect to notice less redness, less bleeding, and less swelling of your gum tissues. Your teeth may feel smoother, and your mouth will taste and feel better. Your gum health must be maintained with proper home care, as instructed, and regular professional care.
- If anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb. It is recommended that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) before the anesthetic completely wears off. This will help with any swelling or pain at the injection sites where the anesthetic was administered. You may also rinse with warm salt water up to three times per day.
- For a few days, a soft diet is recommended, chewing on the opposite side.
- Consistent and thorough daily oral hygiene is essential to the proper healing of your gum tissues. Brushing, flossing and rinsing with recommended products are critical.
- If a localized antibiotic (Arestin) was placed, please follow all additional instructions given to you at your appointment.
- Please remember to keep all follow-up appointments for your periodontal maintenance thereafter as your gums will need continued maintenance.

Sincerely,  
The team at Elite Dentistry.



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## Post Op Instructions for Fillings

Your anesthesia will wear off approximately 3 to 6 hours after the procedure. It is very important not to chew on the numb side (to prevent biting tongue, lip, etc.) until the anesthesia wears off.

Your tooth (or teeth) may be sensitive to hot, cold or pressure from the procedure. This is COMPLETELY normal. The more invasive the procedure, the more sensitivity you may experience. The possible symptoms of hot, cold or pressure will cease within a few days to a couple of weeks. In very few instances, this sensitivity could last longer than a couple of months. As long as your teeth or gums are continuing to feel better, (not staying the same, or getting worse) everything is fine. There is no need for concern.

If discomfort continues for more than a few months, please call our office at 407-658-0103

Once the anesthesia has worn off, if you feel as though any of the teeth we have worked on are hitting first when you bite, please give the office a call immediately. This imbalance with your bite may cause further discomfort and should be adjusted.

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## Post Op Instructions for Extractions

After an extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30 to 45 minutes after the extraction. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad and bite firmly for another thirty minutes. You may have to do this several times.

After the blood clot forms it is important to protect it, especially for the next 24 hours. So Don't: smoke, suck through a straw, rinse your mouth vigorously, or clean the teeth next to the extraction site. These activities will dislodge the clot and slow down healing. Limit yourself to calm activities for the first 24 hours, this keeps your blood pressure lower, reduces bleeding and helps the healing process.

After the tooth is extracted you may feel some pain and have some swelling. You can use an ice bag to keep this to a minimum. The swelling usually starts to go down after 4 days.

Use pain medication only as directed, call the office if it doesn't seem to be working. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. Drink lots of fluids and eat only soft nutritious foods on the day of the extraction. Don't use alcoholic beverages and avoid hot and spicy foods. You can begin eating normally the next day or as soon as it is comfortable.

Gently rinse your mouth with salt water three times a day beginning the day after the extraction (a tsp. of salt in a cup of warm water). Also, rinse gently after meals, it helps keep food out of the extraction site. It is very important to resume your normal dental routine after 24 hours; this should include brushing your teeth and tongue and flossing at least once a day. This speeds healing and helps keep your breath and mouth fresh.

Call us right away at 407-658-0103 if you have heavy bleeding, severe pain, continued swelling after four days, or a reaction to the medication.

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## Post Op Instructions for Crowns

1. After your first appointment for crown treatment, a temporary crown is placed on the tooth or teeth involved. The temporary crown protects the site while the custom crown is being produced. Temporary cement is used so that the crown can be easily removed at your next appointment. Avoid eating chewy or sticky foods to give your temporary the best chance of staying on.
2. If your temporary crown comes off before your next appointment, place the temporary back on your tooth and call our office. This can be done with either Fixodent or temporary crown cement that can be purchased at your local pharmacy. *This is very important as your tooth can shift very quickly and the permanent crown may not fit properly if the temporary is not placed back on the tooth.*
3. With your temporary crown and with your permanent crown, you may experience some discomfort due to irritation of the area during the treatment procedures. You may also experience sensitivity to cold or pressure.
4. The temporary crown is made to serve you temporarily, so its color and fit are not custom-matched to your teeth. Your new permanent crown will be shaped and shaded especially to your teeth in color and fit.
5. After your new permanent crown is in place you may need a few days to adjust to it. If you feel the bite is not correctly balanced, please call for an appointment and we can adjust it.
6. Care for your new crown with proper brushing and flossing. It is especially important to keep the edge of the crown clean at the gum line to ensure your tooth remains cavity-free.

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## Post Op Instructions for Bridges

Bridges usually take two or three appointments to complete. On the first appointment, the teeth are prepared. A temporary bridge is placed to protect the teeth while the custom restorations are being made.

After each appointment when anesthetic has been used, your lips, teeth and tongue will be numb for several hours. Avoid any chewing until the numbness has completely worn off.

To help keep your temporary in place, avoid eating sticky foods (especially gum), hard foods, and if possible, chew only on the opposite side of your mouth. On rare occasions, the temporary bridge can come off. If this happens please place your temporary bridge back in your mouth. This can be done with either fixodent or temporary crown cement that can be purchased at your local pharmacy.

Call us if you are unable to keep the bridge in. It's very important for the proper fit of your final restoration that temporaries stay in place. It's normal to experience some sensitivity to heat, cold and pressure after each appointment.

Your gums may be sore for several days. Rinse up to three times a day with warm salt water to reduce pain and swelling. Use medication only as directed.

It's important to continue to brush normally, but floss very carefully and pull the floss out from the side to prevent pulling out the temporary crown. If your bite feels uneven, if you have persistent pain, or you have any other questions or concerns, please call us immediately at 407-658-0103.

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