



AA WINDWARD DENTAL GROUP

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FILLINGS, CROWNS, OR BRIDGES POST-OP INSTRUCTIONS

INSTRUCTIONS OVERVIEW

- Do not play with your tongue, cheek, or lips to prevent physical trauma while you're still numb
- Anticipate post-operative sensitivity/discomfort
- Contact us if any of the following occurs
 - The bite needs to be adjusted
 - Severe pain lasting more than a few days
 - Visible swelling inside or outside the mouth
 - If the temporary filling or crown is lost

NUMBNESS

When you leave the office, you will still be numb for another 1-3 hours, depending on your metabolism. Avoid playing with your tongue, cheeks, or lips while you are numb in order to prevent physical trauma to those soft tissues. It is very common to bite those areas without knowing/feeling it due to the numbness. If you notice lesions or swellings on your tongue, cheeks, or lips that evening or the following morning, you most likely bit that area, which should heal in the next few days.

SENSITIVITY

Please anticipate minor sensitivity after treatment. The tooth may be sensitive to cold for the next few days, just from working on the tooth. The gums/gingiva will also be tender for the next few days from the injection and physical trauma from treatment. NSAIDs (Nonsteroidal Anti-Inflammatory Drugs) like Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naproxen help with both pain and swelling.

Depending on the extent of the decay, the doctors may have worked very close to the nerves. If so, they will have informed you that a root canal treatment may be required depending on how the tooth heals after today's appointment. If you have severe pain lasting more than a few days or sensitivity to cold that lingers for more than 30 seconds, please contact our office.

OCCLUSION

The bite/occlusion will feel different after treatment has been completed since the shape of the tooth has changed. However, you should not feel like you are only biting/chewing on that one area. Once the numbness goes away, if you feel like the bite is too high or unbalanced, please contact us for an adjustment.

Even if the bite/occlusion feels fine after the numbness has gone away, if you develop sensitivity every time that you are eating/chewing, that is a sign that the bite needs to be adjusted. This symptom usually doesn't occur until 1-2 weeks after treatment has been completed. If you are experiencing this symptom, please contact us for an adjustment.

ORAL HYGIENE

You may continue your normal oral hygiene routine of regular brushing and flossing. However, if a temporary filling or crown has been placed, avoid flossing in those areas to prevent the loss of the temporary restorations. If you notice that the filling or crown is gone/lost, please contact our office.