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**POST OPERATIVE INSTRUCTIONS AFTER A FILLING OR A CROWN AND
BRIDGE PROCEDURE**

1. ANESTHESIA: The numbing is expected to last between 1 to 4 hours depending on the kind of anesthetic was given to you. Do not chew on the side of the procedure while still numb to avoid biting the cheek or the tongue accidentally. **THIS IS MOST COMMON AMONG CHILDREN** so we strongly advise the parents to monitor their kids after a dental procedure. Please contact our office if the numbing persist for over 24 hours.

2. FILLINGS: It is possible that you may need adjustments after this procedure. The symptoms you may have that will require bite adjustments are:

- Uneven bite (one side touching first before the other).
- Sensitivity of tooth/teeth filled.
- Jaw pain after eating or when your wake up in the morning.
- Cheek biting while chewing.

It is difficult to assess the proper bite for both the dentist and the patient while the area is still numb. Adjustment procedure is simple and does not require anesthetic. It is done at no charge to the patient. Please contact our office if you have concern about fillings.

3. CROWN, FIXED BRIDGE AND VENEERS:

- Temporary crown, veneer or fixed bridges are placed to prevent severe sensitivity of the prepared tooth/teeth and to prevent shifting of tooth/teeth while the permanent ones were being done in the laboratory.

- Mild soreness in the area is expected. This is due to the significant amount of drilling on the tooth/teeth, some work around the gums and the amount of time required that the patient had to hold his mouth during the procedure. We therefore advise the following:

- 1.) You take an over the counter pain medication like extra strength Tylenol or Ibuprofen as directed for mild pain. For moderate and severe pain, please call our office so we can give you a prescription for a stronger pain medication.
- 2.) Use of warm salt water rinses as often as possible for gum healing.
- 3.) Gentle brushing and no flossing around the temporary crown/bridge/veneer.
- 4.) No chewing gum or hard food while on temporaries.
- 5.) In the event that the temporary crown/bridge/veneer bite feels high or uneven, please come to our office for adjustments.
- 6.) If the temporaries come off, please do not attempt to place back the loose temporary in your mouth to prevent you from ingesting it accidentally. Keep the temporary and bring it to our office for re-cementation. Again, it is important that you have a temporary in place to prevent shifting of teeth since this may affect the final fit of the permanent crown/fixed bridge/veneers.