

POST TREATMENT INFORMATION

○ **Root Canal Treatment**

- It is possible that you may have discomfort after root canal treatment. You may experience constant tenderness, soreness that worsens when biting or chewing, etc. This is not uncommon and may last for several days, but should gradually improve. For many, the packet of pills we have included (2 tabs of Tylenol 500 mg and 1 tab of Motrin 600 mg) is sufficient. In most cases, the doctor has also prescribed stronger pain medication just in case. Should you need to take the stronger pain medication, please remember that it is very important to take this with food as narcotic pain medication tends to upset an empty stomach. Also, remember that these medications are narcotics, so you should modify your behavior accordingly while taking them (DO NOT DRIVE!).

○ **Crowns**

- It is common for gum tissue to be sore following placement of a crown. You may also experience pressure or a 'tight' feeling for a few days as your tooth gets used to the fit of the new crown. We recommend swishing with peroxide several times a day to help gum tissue settle down, and taking normal over-the-counter pain relief medication to ease any soreness you have.
- Should your crown be a gold or porcelain crown that must be sent away to the lab, you will be wearing a temporary crown in the meantime. Remember that this is temporary, so it will not be as smooth, durable, or aesthetically pleasing as your permanent one will be. Avoid eating excessively sticky or hard foods. Should your temporary crown come off and you are unable to come back to the office (such as during a weekend), you can sometimes temporarily fix this by putting some Vaseline on the inside of your temporary crown and placing it back on the prepared tooth. The lab typically takes two weeks to prepare and ship your permanent crown.

○ **Adjusting the Bite**

- After treatment, we will check your bite. However, when you are numb (and especially when you are sedated), it is difficult for you to tell if everything feels right. If you find after you recover that it bothers you to chew in the area where we provided treatment, you may need to have your bite adjusted. An incorrect bite can make a tooth very sensitive and sore and will not improve on its own.

○ **Gum Treatment**

- Your gum tissue may be sore for several days after treatment. You may also notice some cold sensitivity as the buildup of calculus that was, in effect, sheltering your tooth, has been removed. We recommend rinsing with Peridex (a medicated rinse) several times a day. You may take any over-the-counter pain medication to relieve discomfort.

○ **After Extractions**

- Discomfort and swelling are normal immediately following an extraction.
- Immediately following an extraction, keep pressure on the site with gauze until the bleeding stops (typically approximately 30 minutes).
- Do not smoke, rinse your mouth vigorously, or drink through a straw for 24 hours as these activities disturb the healing clot and may cause a recurrence of bleeding.
- Reduce strenuous activity for 24 hours.
- Avoid alcoholic beverages and hot liquids.

- Drink plenty of fluids and maintain as normal a diet as possible (however, based upon your comfort level, you may choose to stick to a soft or liquid diet for several days).
- On the following day and for the first week, gently rinse your mouth with Peridex (a medicated rinse) or warm salt water 2-3 times daily.
- If your removal required sutures, you will need to make an appointment in 3-5 days to have this removed.
- Occasionally bone chips may develop 2-3 weeks after an extraction. This is not uncommon, and no cause for alarm. Sometimes they may work themselves out on their own, or you may call our office to schedule an appointment to have them removed.
- While discomfort can last for up to a week after an extraction, prolonged or severe pain, swelling, or fever is not typical and you should contact our office.
- **After Sedation**
 - It is not uncommon for the patient to sleep or be sluggish for 6-8 hours after treatment. However, sometimes patients are alert. Attend to both sleepy and alert patients in the same manner, as in either case, they are both physically and mentally impaired.
 - The patient may not drive or operate any motorized vehicle or device for 24 hours.
 - A responsible person should remain with the patient for 24 hours.
 - The patient should drink plenty of fluids as soon as possible.
 - The patient may eat whenever and whatever he or she wants following release, however, depending on procedures performed, keep in mind soft foods may be the best choice. Also, as the patient is probably both numb and judgmentally impaired, take care to make sure the patient does not bite themselves.
 - It is very important that you take the patient **directly** home and stay with them until completely recovered.
- **Prescriptions**
 - In most cases, we will provide you with a non-narcotic pain regimen consisting of Tylenol and Motrin. These two medications taken together will be as effective as a narcotic without any of the side effects associated with a narcotic. If you have been given a prescription for a stronger pain medication, please take only as directed. Remember not to take stronger pain medications on an empty stomach.
 - If you were given a prescription for an antibiotic, it is very important that you take it until it is completely gone, even if you are feeling much better before it is finished.
 - If you feel you are having an allergic reaction to the medicine or if it makes you sick, please discontinue taking it and notify our office. If you feel your symptoms warrant a physician and you are unable to reach us, go to the closest emergency room immediately.

Please call us at 605-224-6111 if you have any questions or concerns. Our hours are 8-5pm Monday through Friday. If you need urgent assistance after hours or on the weekend after your sedation treatment, you can reach Dr. Chuck at 605-280-5252, Dr. Kathy at 605-280-5251 or Dr. Pat at 605-280-0250.

I have read and understand these instructions:

Patient Dismissed to

Date