

Post-Operative Instructions

Dr. Yati Yadav, DDS and the Your Family Dentist, PC team invite you to select your procedure to see a summary of post-op instructions. Call us at 623-878-3300 if you have any questions:

- **Extraction**
 - **Fillings**
 - **Crown and Bridge**
 - **Root Canal Therapy**
 - **Periodontal Treatment**
 - **Teeth Cleaning / Deep Cleaning**
 - **Braces were placed**
 - **Gum Surgery**
 - **Implant Surgery**
 - **Denture Delivery**
 - **Apicoectomy Surgery (Root Canal Surgery)**
 - **Bone Graft Surgery**
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Extraction:

Following are some simple instructions for home care after the Extraction(s).

1. Pressure should be placed on the gauze pad that has been placed on the extraction site for 30 to 60 minutes. If the bleeding continues new gauze should be placed and pressed on for another 45 minutes. If gauze is unavailable, place a moist teabag over the wound for 30 minutes. Repeat if necessary.
2. Do not rinse the mouth today. Tomorrow rinse gently every 3-4 hours, especially after meals using 1 ¼ teaspoon of salt to a glass of warm water. Continue to rinse for several days. Do not brush on the day of the surgery; you can resume your brushing and flossing the day after, gently.
3. Do not spit.
4. Do not smoke for at least 24 hours.
5. Do not drink or rinse with any products containing alcohol (Scope/Listerine).
6. Do not drink anything with carbonation.
7. To prevent swelling, an ice bag should be applied on the face over area involved. 10 minutes on and 10 minutes off for the first day.
8. Bone fragments – Small fragments may work up through the gum during healing. These are not roots. If annoying, return to our office for simple removal.
9. Pain – Take Ibuprofen or Tylenol according to directions as needed. If a prescription(s) was given to you, follow the instructions given to you. You may experience some pain, bruising around your lips and/or some swelling, especially after extraction of impacted wisdom teeth. Ice bag application and medication prescribed for you will help to minimize your discomfort.
10. Do not drink through a straw for at least the first 24 hours. Avoid eating or drinking anything hot on the day of your extraction.
11. Food – Soft diet is advisable during the first 24 hours. During the first 2-3 days after the surgery a diet of soft food and liquids is recommended (soup, yogurt, milk shake and juice).
12. If you have sutures, schedule to return in one week for removal.
13. If you are supervising children who have had extraction done, make sure they don't bite on their numb lips or tongue (it can cause serious injury to their soft tissue).
14. Normal healing process will take approximately 4-6 weeks.
15. If any unusual symptoms occur call our office at once. Call our office if you experience excessive bleeding, severe pain or swelling or if you have any questions or concerns. In case of serious emergencies call 911.

As always, we welcome your questions, comments and concerns. Should you have any please call us. We appreciate the opportunity to serve you in your dental needs.

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Fillings:

Following are some simple instructions for home care after the Fillings.

1. Do not eat on your new filling for one hour and until your numbness is gone.
1. If you are supervising children who had fillings done, make sure they don't bite on their numb lips or tongue (it can cause serious injury to their soft tissue).
3. You may experience cold and heat sensitivity and some soreness on your gum, this usually subsides in few days.
4. Call our office if you experience pain or discomfort for more than a few days after the fillings, or if you have any questions.

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Crown and Bridge:

Following are some simple instructions for home care after the Crown and Bridge procedure.

1. Crown and bridges usually take 2 or 3 appointments to complete. On the first appointment the tooth/teeth are prepared and impressions are taken and a temporary crown is placed on your tooth/teeth to protect the teeth while the custom restoration is being made.
2. You may experience sensitivity, gum soreness and slight discomfort on the tooth/teeth, it should subside after the placement of permanent crown.
3. Whenever anesthesia is used, avoid chewing on your teeth until the numbness has worn off.
4. Temporary crown is usually made of plastic based material or soft metal. It could break if too much pressure is placed on it. The crown also may come off; if it does, save the crown and call our office. The temporary crown is placed to protect the tooth and prevent other teeth to move. If it comes off it should be replaced. To avoid losing your temporary, avoid chewing on sticky and hard food (chewing gum, ice). Try to chew on the opposite side of the treatment as much as possible.
5. It is normal to experience some hot, cold, and pressure sensitivity after each appointment. Your gums may be sore for several days. Rinse three times a day with warm salt water (1 teaspoon of salt in a cup of warm water, rinse – swish – spit) to reduce pain and swelling. Use medication only as directed.
6. After the permanent restoration is placed you may feel slight pressure for a few days. Also, the bite may feel different for a day or two. But if the bite feels uneven or you feel discomfort on chewing on the tooth after 2-3 days call our office. Delaying the necessary adjustments may damage the tooth permanently.
7. Continue your normal brushing but be careful while flossing around the temporaries (remove the floss gently from the side).
8. If your bite feels uneven, if you have persistent pain, or if you have any questions, please call our office.

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Root Canal Therapy:

Following are some simple instructions for home care after the Root Canal Therapy.

1. Root canal therapy may take two or more appointments to complete. A temporary filling or crown is placed to protect the tooth between appointments. After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours after the appointment. Avoid chewing until the numbness has completely worn off.
2. Between appointments it is common (and not a problem) for a small portion of your temporary filling to wear away or break off. If the entire filling falls out, or if a temporary crown comes off, call us so that it can be replaced.
3. It is normal to experience some discomfort for several days after a root canal appointment, especially when chewing. The healing process may take several days but the pain and discomfort should subside gradually.
1. Take any medication that was prescribed for you according to instructions.
5. To further reduce pain and swelling, rinse three times a day with warm salt water (1 teaspoon of salt in a cup of warm water, rinse – swish – spit).
6. To protect the tooth and keep your temporary in place, avoid eating sticky food, especially hard food, and if possible, chew only on the opposite side of your mouth.
7. It is important to continue to brush and floss normally.
8. Usually, the last step after root canal treatment is the placement of a crown on the tooth. A crown covers and protects the tooth from breaking in the future. Follow up with the placement of your permanent restoration as you have been advised. Any unnecessary delay on placement of final restoration may damage the tooth permanently.
2. If your bite feels uneven, or if you have persistent swelling or pain, or if you have any questions, please call our office.

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Periodontal Treatment:

Following are some simple instructions for home care after the Periodontal Treatment.

1. For pain or discomfort, you may take over-the-counter pain medication.
2. It is advisable to eat only soft food for the first 24 hours, and avoid any hard or spicy food which could cause irritation.
3. Drink plenty of water during the first 24 hours – at least 8 glasses are recommended.
4. Place cold towels or an ice bag on the outside of your face in the treated area. Apply for 15 minutes, then remove for 15 minutes during the first 4-6 hours.
5. On the morning after the treatment, rinse your mouth with warm salt water (1/2 teaspoon of salt in a cup of warm water, rinse – swish – spit). Repeat this several times daily.
6. Brush teeth gently to help remove plaque that has started to form. We suggest using fluoridated, tartar control toothpaste.
7. Do not use floss or other home tooth care products, such as toothpicks or electric toothbrushes, until the day after your treatment. Begin very gently at first.
8. Because it is very common for periodontal disease to recur, patients should have regular checkups to monitor progress and prevent recurrence.

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Teeth Cleaning / Deep Cleaning:

Following are some simple instructions for home care after the Teeth Cleaning / Deep Cleaning.

1. You may experience some cold and heat sensitivity (especially after deep cleaning).
2. If you have received anesthesia, do not eat anything until the numbness has worn off.
3. Continue your regular brushing and flossing.
4. Some bleeding for a day or two after cleaning is normal, but if you experience any excessive bleeding call our office.

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Braces Were Placed:

Following are some simple instructions for home care after your Braces were placed.

1. You may experience some pressure and discomfort on your teeth.
2. Be gentle with braces and avoid chewing hard and/or sticky food.
3. Brushing and flossing around braces are sometimes challenging but very important.

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Gum Surgery:

Following are some simple instructions for home care after the Gum Surgery.

1. You may experience some pain, swelling and bleeding after the surgery.
2. Take all the prescribed medications based on given instruction.
3. Apply an ice bag on your face over the surgical site on the day of surgery for 10 minutes on and 5 minutes off.
4. Keep your next appointment for removal of sutures and follow up checks.
5. DO NOT raise your lips with your fingers to inspect the treated area.
6. DO NOT brush teeth near the surgical site. Brush teeth in the rest of your mouth.
7. There is often a temporary loss of feeling in the operated area and the tooth may feel loose.
8. Do not smoke, spit or use a straw on the day of the surgery (avoid smoking for a few days after the surgery).
9. Should any difficulties occur, do not hesitate to call our office anytime. In case of an extreme urgency call 911.

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Implant Surgery:

Following are some simple instructions for home care after the Implant Surgery.

1. You may experience some discomfort and bleeding the day of the surgery.
2. Take all the prescribed medications based on given instructions.
3. Apply an ice bag on your face over the surgical site on the day of surgery for 10 minutes on and 5 minutes off.
4. Keep your next appointment on time for removal of sutures and follow up checks.
5. DO NOT raise your lips with your fingers to inspect the treated area.
6. DO NOT brush teeth near the surgical site. Brush teeth in the rest of your mouth.
7. There is often a temporary loss of feeling in the operated area and the tooth may feel loose.
8. Do not smoke, spit or use a straw on the day of the surgery (avoid smoking for a few days after the surgery).
9. Should any difficulties occur, do not hesitate to call our office anytime. In case of an extreme urgency call 911.

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Denture Delivery:

Following are some simple instructions for home care after your Denture delivery.

1. You will experience some discomfort with any new denture for a few days. All new dentures need several adjustments to completely and comfortably fit your mouth.
2. You should take the dentures out every night and keep them in a clean container containing water or denture cleaning solution. Your gum needs rest and to be without the dentures every day for a period of time.
3. Clean dentures thoroughly with brush and water before putting them back in your mouth.
4. It may be difficult to talk normally with the new denture for a few days. A way to practice is to read a book or newspaper out loud for a period of time everyday. Your tongue and muscles will get used to the new denture and you will talk normally very soon.

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Apico-Surgery (Root Canal Surgery):

Following are some simple instructions for home care after the Apico-surgery / Root Canal Surgery.

1. Swelling, minor pain and / or skin discoloration may be experienced following the surgical procedure. This will be temporary.
2. In order to keep the swelling to a minimum, use an ice pack for the first few hours (on for 10 minutes and off for 5 minutes).
3. The day after the surgery use lukewarm water rinses for the treated area following each meal. This should continue for the first 3 days following the surgical procedure.
4. Eat only soft foods. Avoid hard and chewy foods.
5. Get plenty of rest and insure normal intake of food, especially liquids such as fruit juices, soup, and milk. Use a vitamin supplement if desired. Try not to sleep on the operated area for 2-3 days.
6. DO NOT raise your lips with your fingers to inspect the treated area.
7. DO NOT brush teeth near the surgical site. Brush teeth in the rest of your mouth.
8. There is often a temporary loss of feeling in the operated area and the tooth may feel loose.
9. Take medications according to the instructions.
10. Should any difficulties occur, do not hesitate to call our office anytime. In case of an extreme urgency call 911.

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Bone Graft Surgery

Following are some simple instructions for home care after the Bone Graft Surgery.

1. You have just had surgery completed for the reduction of periodontal pocketing and/or for replacement of bone in an area where pathology existed; or in conjunction with endosseous dental implant surgical placement with or without platelet addition to the bone graft. You will be advised of the particular procedure and pertinent directions relative to your treatment modality. Whether you were put to sleep for this procedure or were only given local anesthesia, the post operative directions remain the same.
2. Several sutures (stitches) are placed at the surgical site. These sutures may or may not be resorbable. If you have been told that you have received external silk sutures they have to be removed by us. The sutures will cause a pulling of your tissue over the bone grafting site. Since the bone graft site will have approximately 15 % more bone fill than what was naturally there, it is imperative that you do not pull up your lips or cheeks to show or examine the area. The undue pressure will cause the sutures to widen away from the surgical site, expose bone, create more pain, and delay healing dramatically. This delay can lead to the need for the area to be sutured again when you are seen for your 1 week post surgical evaluation. The sutures will remain in place for between 14 and 21 days depending on the size of the graft, the severity of the pathology, and the condition of the tissue being sutured.
3. Your dentist will tell you what time period to expect. Remember though that this is not etched in stone, and that the dentist may extend the time before your sutures are removed to assure adequate healing and to avoid surgical regression.
4. You also may have a periodontal pack placed over the surgical site. The pack is pink in color, impregnated with antibiotic, and will protect the surgical site from infection and any wash out of the particulate bone utilized to restore your jaw. The pack should be left in place for as long as possible. If a pack is placed the doctor will remove the packing on your 1 week follow-up and decide if the packing should be replaced or kept off. Usually the packing is kept on for 7 to 10 days minimally. You must return to the office if your pack falls off before you are seen for your 1 week follow up.
5. Your maintenance during healing has to be completed carefully. You can brush in every area where the periodontal pack is not placed. It is imperative that you use NOTHING ASTRINGENT such as mouth wash or antiseptic solutions during the healing period of your bone graft. Listerine, Viadent, and any other potentially caustic agent can RUIN your bone grafting procedure, if contaminated, and require a replacement bone graft. Doctor and our staff will reiterate this with you at, during, and after your bone graft surgical procedure. After the first stages of healing is satisfactory, we will deliver and instruct you on how to use normal saline (with or without the addition of salt), and irrigation syringes for cleaning of the surgical site.
6. Since bone grows and heals slowly, and requires conditions conducive to a proper environment and blood supply, it is imperative that immediately after your bone graft that you alter your diet, as you would for any Oral Surgical procedure. This means that you should not eat anything that is too large, too hot, or too sticky. Your

food should be tepid or on the cool side. Any food too hot will have a harmful affect on your surgical procedure. Common sense must be used in determining what should be done or not done.

7. Smoking after any Oral Surgical procedure will ALWAYS delay or badly disrupt normal healing due to a decrease in oxygenation of the tissue that is healing. Smoking should therefore be stopped for the first 7 to 10 days to allow for adequate initial tissue closure. Complete epithilization (closure) and wound healing normally takes a minimal of 21 days from the day the surgery was completed under ideal healing conditions and no other underlying systemic causes such as Diabetes Melitus, etc.
8. Bone grafting is a very predictable surgical procedure when done correctly and when patient cooperation is adhered to, therefore it is very important that you follow the proper post operative care.
9. We want nothing more than a perfect outcome with the surgical procedures that you are having done to rehabilitate your bone. This can only be attainable with proper cooperation from you. Please always feel free to communicate with us, at any time, to make sure that the procedures that you are having completed are properly maintained. We would rather have questions answered immediately than to have a chance that the procedure will not go as planned, especially from omissions that are preventable.

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