

Composite (White) Filling Instructions

We have restored your teeth with State of the Art Tooth-Colored Bonded Composite Fillings. These restorations will serve you well for several years. However, you should be aware of the following information about your new restorations.

What you can expect:

- As with natural teeth, avoid chewing excessively hard foods (*hard candy, ice, etc.*) because the resin material can break under these extreme forces.
- Composite fillings set up right away, so there is no waiting time to eat or drink, however please wait until your numbness wears off completely so you don't bite your lip!
- Sensitivity to hot and cold is common for a few weeks following tooth colored fillings. Usually, the deeper the cavity, the more sensitive the tooth will be. If you feel the bite is not balanced correctly, please call us for a simple adjustment.
- The gum tissue could have been irritated during the procedure and may be sore for a few days. Rinsing with warm salt water (*1/4 tsp mixed in a glass of warm water, rinse several times per day*) or perioguard rinse, will return your gums to optimum health.

Dr. Michael Dolby | 208.323.8545



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- The completed restoration may be contoured slightly different along with having a different texture than the original tooth. Your tongue usually magnifies these small changes, however this will pass in just a few days.
 - Proper brushing, flossing, and regular 6-month (minimal) cleanings are essential to the long-term stability and appearance of your fillings. Often, problems that may develop can be found at an early stage and repaired easily, while waiting may require more extensive treatment.
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Warranty:

- For a period of 2 years from the date of service, we will replace the filling due to breaking at no cost to the patient. *(This does not include recurrent decay from lack of hygiene or accidents that would break normal / healthy teeth)*
- This warranty is null and void if the patient does not maintain their continuing care cleaning appointment schedule.

If You Have Any Concerns or Questions,
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Denture and Partial Denture Instructions

You have been fitted with the most advanced, state of the art denture technology. We strive to do our best to provide you with well-fitted, functional and esthetic denture/ partial denture. We feel confident that after a short period of time you will become adjusted to your new appliances and enjoy years of satisfaction from them.

What you can expect:

- It is normal for your denture or partial to feel foreign at first. This process will take some getting used to and we are confident you will adapt quickly.
- **Sore Spots:** Usually, your mouth will have a few “sore spots” after wearing the denture/ partial denture for the first 24-48 hours. These areas can be corrected with very little effort during your next appointment. If an area is painful please remove the denture and call us right away to schedule an adjustment appointment.
- **Chewing:** The new bite may not feel completely comfortable for several weeks. We can adjust the contacting surfaces of your teeth after the denture/partial denture has settled into place.

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Denture and Partial Denture Instructions

- It is very important that you clean and remove your denture or partial every night before bedtime. Also, brushing your gums or areas without teeth will stimulate the gum tissue to remain strong and healthy which will preserve a solid foundation.
 - Over time, your jawbone and gums can shrink when there are teeth missing. When this occurs, your denture/partial denture will feel loose and may require a relining procedure. Wearing a poor-fitting denture or partial denture for too long without correcting the fit can cause severe bone loss and potential oral disease. Please call our office if evidence of these symptoms occur.
 - We look forward to helping you adjust to your new Denture/Partial.
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Warranty:

- We will warranty your denture/partial denture for a period of 1 year if a tooth chips or the denture base breaks under normal use. This warranty does not cover accidents such as dropping your denture or your pet using this as a chew toy!
- This warranty is null and void if the patient does not maintain their scheduled continuing care cleaning appointments.

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Porcelain Crowns, Bridges & Onlay Instructions

Your tooth has just been restored with a State of the Art Porcelain Crown, Bridge or Onlay. These restorations will serve you for several years. However, during the temporary phase of your treatment, please be careful with sticky or hard foods as this may loosen the temporary. Also, remember with proper brushing and YES flossing, will drastically increase the longevity of your new restoration!

What you can expect:

- Your temporary will serve you for a short period of time while your permanent restoration is being made. This will protect the tooth and hold the tooth in the correct position so the permanent restoration will fit properly.
- Temporaries can break or come off occasionally. If so, you can place it back on the tooth with some Vaseline or Fixodent (*Denture Adhesive*). Please do not leave the temporary off of your tooth because this may allow the tooth to move and the final restoration may not fit.
- Brush softly around your temporary. You can floss but remember to just pull the floss through instead of lifting it out. It's critical the gum tissue remains healthy or we may not be able to bond your final restoration.
- The size, shape, and color of the temporary does not resemble the final restoration.
- Sensitivity to hot, cold, pressure, or sweets is not uncommon. If you feel the bite is not balanced properly, please call us for a simple bite adjustment.

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Porcelain Crowns, Bridges & Onlay Instructions

- After the final bonding of your restoration, it may take a few days to get used to the new crown or bridge. Hot and cold sensitivity can be normal for a few weeks. If your bite doesn't feel balanced please call us.
 - Do not chew hard or sticky foods on the new restoration for the first 24 hours. The restoration must set during this time to obtain maximum strength.
 - Your tooth can still get a cavity next to the gumline, so proper brushing, flossing, and regular 6-month (*minimal*) cleanings are required. Often, small problems that develop around the restorations can be found at an early stage and corrected easily, while waiting may require a more extensive and costly restoration.
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Warranty:

- For a period of 2 years from the date of service, we will replace the Crown, Bridge or Onlay due to breaking at no cost to the patient. (*This does not include recurrent decay from lack of hygiene or accidents that would break normal / healthy teeth*).
- This warranty is null and void if the patient does not maintain their scheduled continuing care appointments.

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Root Canal Instructions

After your root canal appointment it can be normal to experience discomfort in that area along with swelling. This occurs because the removal of the infection in the nerve tissue creates inflammation. The good news is that this is the beginning of the healing process and should only last a few days, in fact the majority of inflammation is gone with in the first 24 hours.

What you can expect:

- **Ice:** An ice pack is highly recommended on your cheek 20 minutes ON and 20 minutes OFF for the first 24 hours. This will help reduce the inflammation and discomfort.
- **Rest:** Get plenty of rest and remember to sleep slightly elevated with an extra pillow under your head. This will help reduce the area from throbbing and swelling.
- **Medication:** Be sure and take some of your prescribed pain medication prior to the numbness going away. Taking your medication this way will greatly reduce the degree of discomfort you may have.

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Root Canal Instructions

During the Root Canal treatment, the nutrient supply to the tooth is removed causing the tooth to become brittle and prone to fracturing. A crown restoration is used to make the tooth stronger, distribute the biting forces equally and prevent breakage from happening. A temporary crown is used to seal the tooth between visits. If it comes out, either replace it with Vaseline or Fixodent (denture adhesive), or call us so we can replace it for you. Please call us if your bite feels "high" as this problem is easily corrected with a simple bite adjustment. Proper brushing, flossing and regular scheduled cleanings are essential for the long-term health of your teeth.

Warranty:

- A root canal is a therapy not a cure. The procedure has a high success rate, but almost 7% of root canal procedures will fail. If your root canal fails within a period of 1 year from the date of service, we will either refund the cost of your root canal or retreat the tooth for free!
- This warranty is null and void if the patient does not maintain their scheduled continuing care cleaning appointments.

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Scaling and Root Planing Post Treatment Instructions

Scaling and root planing is a non- surgical treatment to stop the progression of periodontal disease (gum disease). The purpose of the treatment is to remove bacteria and tartar from around teeth and under the gums on the root surface of the teeth. The goal is to produce a clean, smooth surface, which will promote healing of the gum disease. Successful treatment will stop the progression of bone loss and receding gums, however your home care is extremely important. Brushing, flossing and even a waterpick if directed, in the morning and especially before you go to bed at night is crucial to a positive outcome.

What you can expect:

- After scaling and root planing, avoid eating anything until the numbness has worn off completely. Avoid any hard foods, popcorn or seeds / nuts for the next several days.
- Rinse your mouth 2-3 times a day with warm salt water rinses. Use 1/4 teaspoon of salt with a glass of warm water. It is not uncommon for chapped lips and cancer sores to appear. Follow your home care instructions and be gentle with the area treated for a few days.

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Scaling and Root Planing Post Treatment Instructions

- We recommend not smoking for 24 to 48 hours after your treatment. Smoking will delay healing process. If prescribed pain medication, please follow those directions or you can take a non-aspirin pain reliever such as Ibuprofen (Advil) or Tylenol unless you are allergic or have medical conditions that prevents you from taking these medications.
- Place an ice pack on your cheek for 20 min ON and 20 min OFF, for the first 24 hours. Sleep slightly elevated with an extra pillow under your head to help reduce any swelling.
- If antibiotics have been prescribed, remember to take them as directed.
- You may experience tooth sensitivity as the gums heal. Because the gums were initially swollen, as they progress through the healing process they may expose the root surface. This can be treated with topic medications at night to reduce the sensitivity. If you were prescribed a fluoride paste, remember to use as directed.
- If you have persistent discomfort or swelling, or questions regarding your care, please feel free to contact our office as soon as possible.

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Post Surgery Instructions

Having a tooth removed or any surgery for that matter can be a scary procedure, but rest assured your mouth will now be healthier than ever. We use the most up to date techniques and materials to ensure your procedure will have a successful outcome.

What you can expect:

- A gauze compress was placed over the extraction area to help control the bleeding. Should slight bleeding continue, place fresh gauze over the extraction site large enough to maintain pressure when the mouth is closed. Bleeding may appear to be more than it actually is because its mixed with your saliva. If bleeding continues, soak a gauze compress in tea and place over the bleeding site. Close and hold the gauze compress for about 30 minutes. Repeat if necessary.
- Do not rinse your mouth, smoke or use straws and avoid blowing your nose or spitting the day of surgery. This negative pressure can alter the healing process.
- Rest with your head elevated and drink plenty of fluids. Avoid hot liquids, carbonated and alcoholic beverages for the first 24 hours.
- Take pain medication as directed and use an ice pack on your cheek 20 min ON and 20 OFF to minimize swelling for the first 24 hours. Moist heat may be used after 24 hours for comfort and muscle relaxation.

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Post Surgery Instructions

- It's very important to keep your mouth clean the day after surgery: A soft toothbrush, gentle rinsing with warm salt water 3 times per day (*1/2 teaspoon salt with warm tap water*) is helpful to speed the healing process. **Do not add salt to the warm water if you have high blood pressure or heart disease.*
- Eat soft foods (warm or cold) and maintain adequate daily fluid consumption.
- Swelling and elevated temperature can be common for nearly every extraction. This is nature's way of beginning the healing process. It does not mean an infection is present and it is often seen on the 2nd or 3rd day and begins to disappear on the 4th or 5th day.
- Stiffness of the jaws is also nature's way of resting the part which needs to be repaired and usually relaxes about the 4th or 6th day.
- Black and blue marks on the face may appear. This appears first as swelling, but after the 2nd or 3rd day it may discolor to yellow, black, or blue. This will gradually disappear in a week or ten days.
- Slight numbness of the lip or tongue may occur and usually resolves in 10-14 days.
- If IV medications were administered, slight redness or tenderness may occur in the region of the vein. Apply a warm moist towel to the area and call the office the next day if this continues.

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