

POST-OPERATIVE INSTRUCTIONS

Dr. Scott Sahf's Cell Phone: 828-243-9121

Temporary crown

- Do not chew anything sticky or hard, like: gum, candy, taffy, ice, unpopped popcorn, ("old maids"), hard nuts, or raw carrots during the temporary phase as these can break or pull the temporary crown off.
- Floss around the temporary. When you go through the contacts of the teeth and floss, do not go back through the contacts to get the floss out. Instead, pull the floss out from between the teeth. If you remove the floss by going back through the contacts, you could pull the temporary crown off. **YOU NEED TO FLOSS DAILY TO KEEP "THE GUMS" HEALTHY. If you do not floss around the temporary daily, we may not be able to cement the final crown at your scheduled appointment, Or WE WILL HAVE TO TRIM THE GUMS AROUND THE TOOTH AND THAT WILL BE AN ADDITIONAL \$160 FOR YOU.** If the crown does come off, put a small amount of toothpaste in the crown and place it back on the tooth. Then **CALL THE OFFICE** so the crown can be recemented. We don't want the teeth to shift around before we get the final crown cemented.

Final crowns

- When your final crown is cemented, you do not have to worry about chewing on sticky things or how you floss. If you have tooth-colored crowns, you always want to be careful about chewing on hard objects, and **DO NOT CHEW ON ICE.** Since these things could cause the porcelain to fracture.

Either build up (foundation), composite or crown

- You can chew on composites (tooth-colored fillings) right away since we cure them with a light before you leave the office.
- It is normal any time a tooth is worked on that you may have **COLD** sensitivity. This could last up to a month, but over that month period it should get less and less till there is no more sensitivity. If the sensitivity lasts longer than one month, please notify the office so we can determine if the tooth needs further attention.
- It is normal any time a tooth is worked on that you may have sensitivity to warmth, heat or pressure. Unlike with cold, this should last only a week or two and then go away. If it persists or seems to be getting worse, contact the office to have the tooth evaluated.
- If the filling was deep, the sensitivity may be more intense and may last longer than one month. In this case, regular pain medication may be needed (like that taken for headaches). If at any point you feel it is too intense or something just is not right, call the office so we can evaluate the situation.

Root canal

- It is normal for patients to experience some discomfort for one to ten days following their root canal treatment. The periodontal ligament that holds teeth in place can become sore and inflamed from the procedure, causing soreness. Taking an anti-inflammatory such as ibuprofen (Advil) can help reduce inflammation and minimize any discomfort.

Medication for discomfort or pain

1. Adults, take 400 to 800 mg of Advil or Ibuprofen three times (after appointment, before bed & the next morning) as long as:
 - You are not allergic to NSAIDS (i.e. Aspirin, Aleve, Advil, Ibuprofen)
 - Your health permits and you can take NSAIDS
 - You are not taking medications that require you to take something other than NSAIDS.
2. Tylenol
 - Only take this if you cannot take Advil and then follow the dosage as described on the bottle.

Advil or Ibuprofen relieves pain better than Tylenol after a dental procedure because it reduces inflammation where Tylenol does not.

3. Children Follow instructions on package as far as dosage.