



POST-OPERATIVE INSTRUCTIONS AFTER FILLINGS OR CROWNS

PAIN: Tenderness is normal for up to a week following treatment. If you have received pain medication, take as directed. If pain is minimal take two regular strength Tylenol (acetaminophen) or Advil (ibuprofen). Treat pain EARLY, do not wait until symptoms become intense. If pain is intense after 3 days, call the office.

SENSITIVITY: If you experience **cold** sensitivity or pain when eating- this may resolve in a few days. If after **one week** pain is still there, **CALL THE OFFICE**, this is common as the teeth need a bite adjustment. It is often difficult to fine tune the bite when you are numb.

- In rare instances, it may take up to six months for sensitivity to lessen. As long as the symptoms do not become worse, they will resolve.

JAW PAIN: Jaw pain may occur and can be minimized by immediate application of an ice pack. Place the ice pack on your face and alternate with 20 minutes on and 20 minutes off. Do this for the first 24hrs, thereafter apply a moist heat pack as desired.

DIET: Do your best not eat until the numbness subsides to prevent chewing on your cheek, lip, or tongue. **Eat light, soft foods such as eggs, cereal, mashed potatoes, pasta, protein shakes, and drink plenty of liquids so that you will be nourished.**

GENERAL HEALING: Gums may be sore in the area and there may be temperature sensitivity following treatment. Wait **ONE WEEK** before calling the office unless pain is very uncomfortable.

ORAL HYGIENE: Brush and floss your teeth in the usual manner, brushing more gently in the areas worked on. You may eat and chew normally on those teeth (as long as a temporary crown is not there).

PLEASE CALL OUR OFFICE (815) 895-2298 IF YOU ARE IN DOUBT ABOUT ANYTHING OR DEVELOP ANY COMPLICATIONS SUCH AS SEVERE PAIN, OR HAVE ANY QUESTIONS. WE WANT TO TAKE CARE OF YOU.