

Dental Haven Post Operative Instruction

We used **anesthetic** during the dental procedure. Avoid chewing until the numbness has completely worn off. The area will be numb approximately 2-4 hours. Expect some gum and/or jaw discomfort. Tylenol or Motrin is sufficient for this discomfort. **PLEASE FOLLOW INSTRUCTIONS ACCORDING TO THE MANUFACTURERS LABEL. DO NOT TAKE IF ALLERGIC OR HAVE CONTRAINDICATIONS TO TAKING EITHER OF THE MEDICATIONS.**

***Sedation:** The medication may last 12 hrs in patient's system. Patient should go home and remain under close adult supervision. If the patient naps make sure chin is elevated to keep an open airway. No physical activity for the rest of the day. Nitrous oxide has been flushed out of patient's system while still at the dental office.

***Stainless steel crowns:** To protect your crown, avoid chewing ice or other hard, sticky foods. If the crown should come off, please save it and call the office.

***Temporary Crowns:** To protect your crown, avoid chewing ice or other hard, sticky foods. When flossing, pull the floss through and not up. Brush like normal. If the crown should come off, please save it and call the office.

***Resin Fillings/Sealants:** Avoid hard, sticky foods and chewing on ice to protect your fillings and sealants. Hard, sticky foods can break or even pull off the sealants and fillings.

***Extractions:** It is important that the blood clot forms on the extraction(s) site(s) to stop the bleeding, reduce pain, and speed healing process. Gauze will be sent home and Gelfoam may also be placed in the extraction area if necessary. It is OK if the Gelfoam falls out. If it does not fall out, the body will absorb it. Saliva in the mouth will make it appear as if there is more blood. Some oozing is normal. Do not suck on a straw or smoke for 3 days. Do not use a sippy cup for the remainder of the day. Keep anything sharp from entering the wound (Crunchy food, toothpicks, eating utensils). Eat a soft diet for a couple of days and a warm salt water rinse may be used the day after the extraction appointment to help with healing.

Thanks for choosing Dental Haven!

Call the office with any questions: 920-739-6808