



modernday**dental**

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POST-OPERATIVE INSTRUCTIONS

Keep gauze on surgical site for 30 minutes after dismissal.

Surgical site may have slight bleeding for the first 24 hours. Use provided gauze.

Avoid strenuous activity within the first two days.

Ice pack should be used for 20 minutes on and 20 minutes off to diminish swelling.

Do not rinse forcefully for the first 48 hours. Rinse with warm salt water twice daily.

Do not suck from a straw, could remove blood clot.

Stitches if placed are resorbable, so no suture removal is necessary.

Avoid drinking alcohol and smoking for the first 48 hours.

Eat soft foods and chew on opposite side of the mouth.

Brushing teeth around surgical area should be avoided for the first 24 hours. After that use a gentle manner without traumatizing the tissue.

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Patient Instructions After Scaling and Root Planning

These are some helpful suggestions that will increase your comfort and help you to receive the maximum benefit from periodontal treatment.

1. **Tenderness is normal.** To reduce tenderness and promote healing, every two to three hours, rinse with warm salt water: *1/2 teaspoon salt in a 4 ounce glass of water.*
2. **Avoid brushing or flossing the treated area for 12 hours.** However, after 12 hours it is very important that you continue to brush well. Please be careful brushing and use a toothbrush with soft bristles. You may moisten the brush with warm water if tissues are tender.
3. **Tylenol or Ibuprofen** may be used as recommended for discomfort.
4. Highly nutritious food is necessary for the healing process. **Avoid foods that require excessive chewing, also, sticky, crunchy or coarse foods.**
5. **Tooth sensitivity is normal and temporary.** You may use a desensitizing toothpaste such as Sensodyne or any major brand for sensitivity relief.
6. You may also **gently massage** the areas treated with your washed fingers. This will increase circulation and promote healing.

Lastly, please contact our office should you experience prolonged bleeding or any other problems during the healing process at **(918) 376-9600.**

These suggestions will help you receive the greatest benefit from today's treatment.

Modern Day Dental

(918) 376-9600

Temporary Crown and Bridge Post **Operative Instructions**

Please wait until you're no longer numb before eating. Do not chew/eat anything sticky, like gum or caramels. Sticky foods/candies can pull off your temporary Crown/Bridge. Do not chew/eat anything hard or crunchy, like tortilla chips or nuts. Hard foods can break your temporary Crown/Bridge. If you do have a temporary that comes off or breaks, **it is very important** that it is put back on. Please **call** our office if this happens, and we will make you an appointment to recement/remake your temporary.

Modern Day Dental
918-376-9600
Denture Care Instructions

One or more follow-up appointments are generally needed soon after you receive your dentures so that your dentist can make any necessary adjustments. Never attempt to adjust or repair your dentures yourself. Never bend any part of the clasp or metal attachments yourself; doing so can weaken the metal structure. "Do-it-yourself" repair kits can permanently damage your dentures and over-the-counter glues may contain harmful chemicals. Dentures that don't fit properly can cause irritation and sores in your mouth and on your gums. Be sure to contact your dentist if your denture breaks, cracks, chips or if one of the teeth becomes loose. Oftentimes, he or she can make the necessary adjustment or repair on the same day. For some complicated repairs, your denture may have to be sent to a special dental laboratory. Over time, dentures will need to be relined or remade due to normal wear, natural age-related changes to your face, jaw bones, and gums, or if the dentures become loose. Even with full dentures, it is important to brush your gums, tongue and palate with a soft-bristled brush every morning before you put in your dentures. This removes plaque and stimulates circulation in the mouth. If you wear a partial denture, be sure to remove it before you brush your natural teeth. Clean, rest, and massage the gums regularly. Rinsing your mouth daily with lukewarm salt water will help clean your gums.

Brush and rinse your dentures daily. Like natural teeth, dentures must be brushed daily to remove food and plaque. Brushing also helps prevent the development of permanent stains on the dentures. Use a brush with soft bristles that is specifically designed for cleaning dentures. Avoid using a hard-bristled brush as it can damage or wear down dentures. Gently brush all surfaces of the denture and be careful not to damage the plastic or bend attachments. In between brushings, rinse your dentures after every meal.

Clean with a denture cleaner. Hand soap or mild dish washing liquid can be used for cleaning dentures. Household cleansers and many toothpastes may be too abrasive for your dentures and should not be used. Also, avoid using bleach, as this may whiten the pink portion of the denture. Ultrasonic cleaners can be used to care for dentures. These cleaners are small bathtub-like devices that contain a cleaning solution. The denture is immersed in the tub and then sound waves create a wave motion that dislodges the undesirable deposits. Use of an ultrasonic cleaner, however, does not replace a thorough daily brushing. Products with the American Dental Association (ADA) Seal of Acceptance are recommended since they have been evaluated for safety and effectiveness.

Denture care when not being worn. Dentures need to be kept moist when not being worn so they do not dry out or lose their shape. When not worn, dentures should be placed in a denture cleanser soaking solution or in water. However, if your denture has metal attachments, the attachments could tarnish if placed in a soaking solution. Your dentist can recommend the best methods for caring for your particular denture. Dentures should never be placed in hot water, as it can cause them to warp.

MODERN DAY DENTAL 918-376-9600

POSTOPERATIVE INSTRUCTIONS FOLLOWING DENTAL IMPLANTS:

Placement of dental implants usually does not create a great deal of pain.

If we have placed any sutures in your mouth they will dissolve in about 1 week. They are white strings, which you may see in your mouth. If they become loose and annoying, call the office to have them removed at your earliest convenience.

1. Some degree of discomfort and pain arises as numbness subsides. At the first sign of pain or discomfort, take the prescribed medications. As an alternative you may take 2-4 Advil. If you cannot take aspirin products, then take two Tylenol. If the pain you are having, is not controlled by the Advil or "Advil-like" prescription, you may take the prescribed severe pain medicine but only after eating some food. Any pain medications can cause nausea and vomiting. It is very important that you have some food in your stomach before you take them.
 2. **DO NOT DISTURB THE AREA OF SURGERY.** Allowing the tissues to rest undisturbed assists the healing process. Avoid vigorous chewing, excessive spitting, or aggressive rinsing. If you routinely use a Water Pik, avoid doing so during the healing phase. Initial healing may be delayed, active bleeding restarted, or infection introduced.
 3. Expect minor bleeding or oozing. If bleeding persists, continue pressure on a fresh sponge for an additional 30 minutes to an hour. Billing on a moist teabag wrapped in gauze may help control persistent oozing from the surgical site. Tea contains tannic acid, which helps promote blood clotting.
 4. Firm pressure for 15-30 minutes usually controls the problem. If you check too frequently, (every few minutes), the blood clot will not form properly and bleeding will continue. Should active bleeding persist, please call our office. **If a denture is placed, please do not remove it until a day after your surgery!** Your denture will act as a band-aid ensuring blood to clot.
 5. **LIMIT PHYSICAL ACTIVITY** during the first 24-48 hours after surgery. Over exertion may lead to postoperative bleeding and discomfort. When you lie down keep your head elevated on a pillow. You may wish to use an old pillowcase or place a towel over your pillowcase to avoid staining from any blood-tainted saliva.
 6. **PAIN FOLLOWING ORAL SURGERY** will be most severe within the first 6-8 hours after the operation. Please do not drink alcoholic beverages while taking prescription medication. Do not wait for the pain to become unbearable before using some form of pain medication, as then it will be more difficult to control. Moderate to severe pain usually does not last longer than 48 hours. And mild discomfort usually diminishes after the third day. Please contact us if you experience prolonged severe pain so that we can help make you more comfortable.
 7. **SWELLING RELATED TO THE SURGICAL PROCEDURE** may occur following certain types of procedures. An ice pack should be placed on the side of your face for 20 minutes then taken off for 10 minutes and repeated. Anti-inflammatory medications, such as Advil, also help decrease swelling.
 8. **FLUID INTAKE IS IMPORTANT.** Water, tea, broth, soups, or juices are all suitable. Avoid hot liquids until the numbness has worn off, and the bleeding has stopped. Drink plenty of fluids.
 9. **AVOID USING A STRAW FOR SEVERAL DAYS.** It may dislodge the blood clot and delay healing.
 10. **FOOD SELECTION.** Soft, cool foods are most easily tolerated. A nutritious diet is most important to your comfort and temperament. Remember that eating can prevent nausea sometimes associated with certain medications. Supplements such as Ensure, Carnation Instant Breakfast and/or yogurt supply excellent added nutrition.
- * **DO NOT EAT ANY POPCORN, POPPY SEEDS, SESAME SEEDS OR SEEDED FRUITS. THEY CAN GET STUCK AND CAUSE INFECTION!**
11. Take any special medication we have prescribed on the special dosing schedule. Yogurt with active

cultures or acidophilus should be taken while on antibiotics to prevent diarrhea. It is important to take the antibiotics to completion. If you are given antibiotics and take birth control pills, you should be aware that the birth control might become ineffective, therefore take appropriate precautions.

12. Take any regularly scheduled medication (for diabetes, high blood pressure, etc.) on your regular schedule unless advised to do otherwise.

13. TRY TO AVOID SMOKING COMPLETELY, as it tends to delay healing and interfere with regeneration.

Sometimes a soft diet may be necessary for the first few days following surgery. Most patients are able to resume regular food intake within a short time.

Bruising marks may appear on the skin of the face during the first few days after surgery. Should any undue reaction or complications arise, notify the office immediately.