Dr. Brian Francis - PRE/POST OP INSTRUCTIONS

Post-Operative Care for Crown(s)/Filling(s)

Sensitivity can occur after a crown or filling is placed. The reason your dentist did this procedure was due to an issue with the tooth. After performing the procedure (crown/filling) to fix the issue, some pain can be endured due to the inflammation. The most common symptom is sensitivity to cold, or pain when chewing. This could be due to the crown or filling being slightly higher than what you're used to. If you think this is your issue and it does not go away after a few days, please contact our office, and we will see you for a follow-up visit. Even after a bite adjustment, it may take time for the tooth's nerve to calm down and eliminate the sensitivity.

Post-Operative Care for Dental Implant(s)

REMEMBER, THE ULTIMATE SUCCESS OF YOUR DENTAL IMPLANT DEPENDS UPON YOUR ACTIVE COOPERATION AND PARTICIPATION IN TREATMENT AND CARE AFTER SURGERY. THE GUIDELINES BELOW INSTRUCT YOU IN PROPER CARE FOLLOWING THE PLACEMENT OF YOUR IMPLANT. THE FIRST 2 WEEKS AFTER SURGERY ARE MOST IMPORTANT!

Diet: Please avoid all carbonated and hot beverages for the first 72 hours following your surgery. It is also advisable to avoid spicy and/or acidic foods. Plenty of liquids should be taken the day of surgery. A soft "non-chewing" diet is recommended for the first 2 weeks after your surgery. After the first 2 weeks, a progression to regular food will be discussed.

Bleeding: Some oozing of blood may be experienced from the surgical site for the first few hours. Your saliva may be tinged with blood for the remainder of the day. If bleeding becomes persistent, applying direct pressure with a clean gauze pack for 10 minutes may stop it. If this does not stop the bleeding, please contact the office at (406)656-9635.

Swelling: Swelling may be minimized by keeping head elevated, using 2 pillows when lying down and using ice packs over the surgical areas (15 minutes on, 15 minutes off) during the first 24-48 hours.

Discomfort: Your jaw and lip will remain numb for approximately 4-6 hours. You should begin taking the medication prescribed for discomfort while you are still numb to lessen the onset of pain. If you should experience more than mild discomfort, you should contact the office at (406)656-9635.

Fever: A slight elevation of temperature is common on the evening of surgery. However, it should not exceed 101 degrees.

Infection: Infections may occur on the day of or even several days following surgery. A sudden increase in swelling, throbbing, high fever and/or foul taste tasting drainage may indicate infection. If you suspect infection you should contact our office immediately.

Bruising: Bleeding into the tissue around the jaw results in purplish bruises a few days following surgery. DO NOT BE ALARMED. Some patients have more bruising than others do. These areas will become yellow as they move toward the neck and shoulder a week later.

Alcohol and smoking should be avoided especially during the first 2 weeks after surgery. If you have any questions or concerns, please call us immediately!

Post-Operative Instruction for Extraction(s)

Swelling: Swelling is the body's normal response to surgery and the beginning of the healing process. Swelling will vary among individuals and according to different procedures. Swelling will increase over the first 48 hours, and subside over the next 5 to 7 days. Apply cold packs for the first 24 to 48 hours. Keeping your head elevated for the first 24 hours using pillows under the back and head while sleeping will help diminish swelling. If the swelling ever progresses to the point where you are having trouble swallowing or breathing, please contact us immediately and/or go to the emergency room.

Bleeding: Minor bleeding or blood-tinged saliva may occur for the first 24 to 48 hours. Keep pressure on the surgery site by biting on the gauze for 1-2 hours following surgery (gauze may be removed before eating or drinking). If heavy bleeding still occurs, replace with new gauze and hold pressure for an additional hour. If bleeding is still persistent after the third hour you may wet 1 to 2 tea bags and place them on extraction site for 30 minutes. Do not smoke, drink through a straw, spit, or suck on candy for the first 72 hours following surgery. This creates suction in the mouth that can dislodge the blood clot, which may lead to a condition known as dry socket. Dry socket is a painful condition that typically develops on the third post- operative day. Should you develop increasing levels of pain beginning on the third post-operative day, please call the office as soon as possible. Placement of a medicated pack in the socket may be necessary to relieve the discomfort.

Pain: Medication has been prescribed according to your anticipated level of discomfort. You are advised to take pain medication prior to the numbness wearing off. Repeat every 4-6 hours as needed. Take medication with a milkshake or other non-carbonated beverage to avoid nausea. Do not drive, operate heavy machinery or drink alcohol while taking pain medication.

Rinsing: Gently rinse the mouth with warm salt water (1/2 teaspoon salt in 8oz of water) 3 or 4 times daily. Continue rinsing until you return for your post-op exam. If you brush your teeth after surgery, be careful to avoid the surgery site.

Irrigation: After 3 days of healing, start irrigating the bottom sockets only. Fill the provided syringe with warm salt water; place the tip in the socket. Gently irrigate the socket free of food debris that may have been collected.

Diet: A soft or liquid diet is best for the first 48 hours. Cool foods, such as milkshakes and lukewarm soups, are best. Avoid straws, alcohol, hot or carbonated beverages for 72 hours. Hot food and drinks will cause the bleeding to begin. Carbonation may dissolve the blood clot.

Sutures: If sutures were placed, they will dissolve by themselves unless you are specifically told that non-dissolvable sutures were used. Sutures may loosen or come out prior to your next appointment.

Physical Activity: Heavy exercise and/or physical activity should be avoided for the first 3 days following surgery. The elevated blood pressure that comes with exercise could cause the blood clots to come dislodge leading to dry socket. All full contact sports should be avoided for a minimum of 2 weeks following extraction of wisdom teeth.

*Be assured that our interest in your well-being does not end with surgery. If you have any questions or problems, please call us at (406)656-9635.

A post-operative appointment will be made for approximately one week following surgery, but we are happy to see you sooner, if the need arises.

Post-Operative Instruction for Root Canal(s)

Diet: Please avoid hard foods over the tooth that had a root canal. The tooth is inflamed and is trying to heal. Repetitive forces (chewing harder foods) can continue the inflammation around the tooth and inhibit healing. Also, if you have a temporary filling in the tooth, the tooth is more likely to fracture.

Swelling: Swelling is the body's normal response to surgery and the beginning of the healing process. Swelling will vary among individuals and according to different procedures. With root canals, if swelling occurs, that means the inflammation is pushing through the bone. Please contact our office if you see visible swelling, and you will most likely be placed on an antibiotic.

Discomfort: Your jaw and lip will remain numb for approximately 4-6 hours. You should begin taking the medication prescribed for discomfort while you are still numb to lessen the onset of pain. If you should experience more than mild discomfort, you should contact the office at (406)656-9635.

Fever: A slight elevation of temperature is common on the evening of surgery. However, it should not exceed 101 degrees.

Infection: Infections may occur on the day of or even several days following surgery. A sudden increase in swelling, throbbing, high fever and/or foul taste tasting drainage may indicate infection. If you suspect infection you should contact our office immediately.