

# POST OP INSTRUCTIONS

## FOR ALL GENERAL PROCEDURES

Do not chew on hard, sticky or chewy foods for a least 24 hours. Never chew on ice. Avoid aggressive chewing and sticky foods such as “hard tack” candies that can loosen or damage a restoration. Carefully follow all guidelines provided by the doctor and their staff and most importantly practice good oral hygiene. Additional instructions following various types of treatment are listed below. In the event of an emergency, please call our office. If you are experiencing a serious or life-threatening emergency, please call 911 or visit the nearest emergency room.

## CROWN AND BRIDGE PROCEDURES

Crowns and Bridges may take one to three visits to complete. Dr. Kokinias will inform you of your treatment options and the time needed to complete the procedure. You may have some sensitivity following treatment with tenderness around the gum and tooth for a day or two. If the tenderness or sensitivity lasts longer than this, please contact our office. If anesthesia is used, avoid chewing, biting, and eating until the numbness has worn off. If you have had a temporary placed, eat softer foods and avoid foods that are particularly crunchy, chewy or hard. If the temporary restorations become loose or break, please call us immediately.

Carefully clean around the restoration, brushing and flossing daily. When flossing, take extra care not to loosen the temporary restoration by removing the floss too roughly. You can slowly thread the floss out by one end if necessary to avoid too much pressure on the temporary.

Once your final restoration has been placed avoid chewing on hard, crunchy or sticky foods for 24 hours in order to give time for the cement to fully bond. Mild sensitivity to hot or cold foods is not unusual and should dissipate after a few weeks. If sensitivity lasts more than six weeks please let the office know, although this happens infrequently.

Ongoing care for your restoration includes brushing your teeth after every meal or snack and flossing at least once a day before bedtime. Rinsing your mouth with water or mouthwash will also help to remove any additional particles that may have been missed during brushing and flossing.

Please call our office at 815-398-5550 if you are in pain or have any questions regarding your treatment.