

Today you had a soft tissue, or gum graft. The following instructions will help answer your questions and explain what to expect. As always, please call if you have any questions!

1 . Anesthesia- the local anesthetic used will last for approximately 3 hours, although that can vary greatly. Be careful of the numb areas- it is easy to bite the cheek, lips or tongue. You might want to consider a liquid diet until it wakes up. Tightness of the muscles (trismus) or bruising (hematoma) are two relatively common side effects of local anesthetic. Let us know if this occurs, or if the numb areas don't wake up as expected.

2. Oral Hygiene- avoid brushing or flossing the area of surgery for at least one week. You can use warm salt water rinses, or we may have prescribed an antibacterial mouthrinse to use. We will let you know when to resume normal brushing and flossing, but it is normally OK to resume light brushing after one week and full brushing and flossing after one month.

3. Tissue bandage- We may have placed a "tissue bandage" of pink acrylic over the graft site. This is only necessary for the first 24 hours. If the bandage starts to come off after this point, rinse with warm salt water, then remove. If it is stuck on a suture or elsewhere, call our office.

4. Donor site- normally we will obtain the graft from the palate on the same side as the grafted site. This area should stop bleeding quickly and heal promptly. Please let us know if you have any problems with this site.

5. Diet- Avoid eating anything hard or sharp on the surgical side for a few weeks. After one month you should be able to eat whatever you want.

If you have any signs of infection (increasing swelling, fever, redness in the face) call our office immediately.

Today you had an implant placed into your jaw bone. The following instructions will help answer your questions and explain what to expect. As always, please call if you have any questions!

1 . Anesthesia- the local anesthetic used will last for approximately 3 hours, although that can vary greatly. Be careful of the numb areas- it is easy to bite the cheek, lips or tongue. You might want to consider a liquid diet until it wakes up. Tightness of the muscles (trismus) or bruising (hematoma) are two relatively common side effects of local anesthetic. Let us know if this occurs, or if the numb areas don't wake up as expected.

2. Soreness- Some soreness is completely normal after implant placement, although it is usually less than expected. You will have more soreness if we had to cut and suture the gum tissues during the procedure. Avoid the area while eating and chewing for a few days.

3. Immediately post-op- The first 30 days is crucial to the healing of the bone around the implant. Avoid this area during chewing, and use care to brush softly.

You might have several different temporary restorations on your implant after placement. One of the following will apply to your case:

- Healing cap- we might have placed a small titanium cap on the implant that will just barely come above the gum tissue. Simply brush to keep clean and avoid chewing heavily on this area.
- Removable "flipper"- you might have a tooth on a plastic base that goes over the implant area. Avoid chewing on this area, and let us know if the false tooth hits the gum tissue.
- Temporary crown- in some cases, we can place a temporary crown on the implant the same day. This crown is for cosmetic purposes ONLY- avoid chewing or putting pressure on this area to allow the implant to heal properly.

3. Restoring the tooth- after the bone has completely healed around the implant (3-6 months) we can restore the tooth. Our office will let you know when the implant is ready to restore.

4. Medications- Dr. Wuesthoff may have prescribed an antibiotic, pain medication, or possibly both. Take them both as directed- usually the antibiotic will be taken until gone, and the pain medication is only as needed.

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SCOTT R. LUNDY D.D.S.

Family, Cosmetic, and Implant Dentistry

Non-narcotic pain management recommendations:

Using **Ibuprofen** (Advil) and **Acetaminophen** (Tylenol)

- Initially take 400-600mg ibuprofen (depending on patient size and pain severity)
- 2 Hours later: Take 500mg Acetaminophen
- 2 Hours later (Hour 4): Take 400-600mg Ibuprofen (as above)
- 2 Hours later (Hour 6): Take 500mg Acetaminophen

Continue this alternating therapy as needed for up to 48 hours after the onset of the painful episode.

You may continue to take Ibuprofen or Acetaminophen as instructed by your doctor every 4-6 hours thereafter.

Please take any other medications (eg. Antibiotics) as instructed by your Doctor.

Feel free to contact us at the office any time with questions about your care. We can be reached at 805-496-4247.

Today you had a root canal in your tooth. The following instructions will help answer your questions and explain what to expect. As always, please call if you have any questions!

1 . Anesthesia- the local anesthetic used will last for approximately 3 hours, although that can vary greatly. Be careful of the numb areas- it is easy to bite the cheek, lips or tongue. You might want to consider a liquid diet until it wakes up. Tightness of the muscles (trismus) or bruising (hematoma) are two relatively common side effects of local anesthetic. Let us know if this occurs, or if the numb areas don't wake up as expected.

2. Soreness- Some soreness, especially to biting, is completely normal after a root canal procedure. This is due to the innervation AROUND the tooth. Avoid chewing or biting on the tooth until you are more comfortable. If the tooth is throbbing, aching, or waking you up at night there may be an infection- call us immediately.

3. Restoring the tooth- It is critical that a tooth that has had a root canal have a permanent restoration as soon as feasible. A tooth with a temporary filling after a root canal could get re-infected. Please get the tooth restored as soon as possible, if we didn't complete this step today. In most cases, a crown is required to properly protect a tooth after a root canal procedure. The tooth becomes brittle and more prone to fracture after it's blood supply is removed.

4. Medications- Dr. Wuesthoff may have prescribed an antibiotic, pain medication, or possibly both. Take them both as directed- usually the antibiotic will be taken until gone, and the pain medication is only as needed.

If you have any signs of infection (increasing swelling, fever, redness in the face) call our office immediately.

Today you had a crown lengthening, a surgical procedure where we expose more tooth to allow us to restore it properly. The following instructions will help answer your questions and explain what to expect. As always, please call if you have any questions!

1 . Anesthesia- the local anesthetic used will last for approximately 3 hours, although that can vary greatly. Be careful of the numb areas- it is easy to bite the cheek, lips or tongue. You might want to consider a liquid diet until it wakes up. Tightness of the muscles (trismus) or bruising (hematoma) are two relatively common side effects of local anesthetic. Let us know if this occurs, or if the numb areas don't wake up as expected.

2. Oral Hygiene- avoid brushing or flossing the area of surgery for at least one week. You can use warm salt water rinses, or we may have prescribed an antibacterial mouthrinse to use. We will let you know when to resume normal brushing and flossing, but it is normally OK to resume light brushing after one week and full brushing and flossing after one month.

3. Tissue bandage- We may have placed a "tissue bandage" of pink acrylic over the surgery site. This is only necessary for the first 24 hours. If the bandage starts to come off after this point, rinse with warm salt water, then remove. If it is stuck on a suture or elsewhere, call our office.

4. Diet- Avoid eating anything hard or sharp on the surgical side for a few weeks. After one month you should be able to eat whatever you want.

5. Sensitivity- Since you probably have a temporary crown, and we have repositioned the gum tissues, temperature sensitivity is not only normal but to be expected. This should subside shortly after the surgery. Use of sensitivity formula toothpaste after a week or so will help with the sensitivity. Constant aching or waking with pain at night are possible signs of infection- call our office as soon as possible.

6. Sutures- Normally after crown lengthening one or more sutures will be placed. Make sure and have them removed when recommended to avoid the sutures irritating the gums.

7. Medications- Dr. Wuesthoff may have prescribed an antibiotic, pain medication, or possibly both. Take them both as directed- usually the antibiotic will be taken until gone, and the pain medication is only as needed.

If you have any signs of infection (increasing swelling, fever, redness in the face) call our office immediately.

Today you had a tooth prepared for a crown. The following instructions will help answer your questions and explain what to expect. As always, please call if you have any questions!

1 . Anesthesia- the local anesthetic used will last for approximately 3 hours, although that can vary greatly. Be careful of the numb areas- it is easy to bite the cheek, lips or tongue. You might want to consider a liquid diet until it wakes up. Tightness of the muscles (trismus) or bruising (hematoma) are two relatively common side effects of local anesthetic. Let us know if this occurs, or if the numb areas don't wake up as expected.

2. Temporary crown- you now have a temporary crown on your tooth. This temporary serves to protect the tooth, prevent decay, reduce sensitivity, and hold the position of the tooth. If the temporary comes loose, call our office to have it recemented. If you are away or out of town, place a small amount of denture adhesive (Poligrip, Dentucreme) in the temporary and replace on the tooth.

3. Sensitivity- When we prepare a tooth for a crown, some inflammation invariably occurs. It is completely normal for a tooth to be slightly cold, sweet and sometimes heat sensitive with the temporary. Biting sensitivity is also normal. If the tooth aches on its own, or wakes you up at night with a toothache, let our office know. Spontaneous aching could be a sign of infection or abscess.

If you have any signs of infection (increasing swelling, fever, redness in the face) call our office immediately.

Today you had an extraction of a tooth, which is normally a fairly easy procedure to endure. The following instructions will help answer your questions and explain what to expect. As always, please call if you have any questions!

1 . Anesthesia- the local anesthetic used will last for approximately 3 hours, although that can vary greatly. Be careful of the numb areas- it is easy to bite the cheek, lips or tongue. You might want to consider a liquid diet until it wakes up. Tightness of the muscles (trismus) or bruising (hematoma) are two relatively common side effects of local anesthetic. Let us know if this occurs, or if the numb areas don't wake up as expected.

2. Bleeding- After an extraction we ask that you bite on some gauze for a period of **one hour**. This is normally enough to stop the bleeding. Slight oozing for a couple of hours is completely normal. If it is still bleeding after the first hour, place another gauze or bite on a moistened tea bag. Please notify us if the bleeding continues and you are unable to stop it. Be careful of the extraction site, especially for the first 24 hours- the clot in the bone is very important to normal healing.

3. Oral hygiene- You can brush and floss all areas other than the extraction site immediately, and the extraction site within about one week. Use a light brushing stroke at first until the gum tissues firm up. Warm salt water rinses are useful for the first week.

4. Diet- You can eat anything you desire, avoiding the extraction site for a few days. Do not suck through a straw for the first two days as this could dislodge the clot in the bone.

5. Medications- Dr. Wuesthoff may have prescribed an antibiotic, pain medication, or possibly both. Take them both as directed- usually the antibiotic will be taken until gone, and the pain medication is only as needed.

6. Sutures- If we had to remove gum or bone to remove the tooth, you may have one or more sutures in place. We will let you know if they will dissolve on their own or need to be removed. Make sure and return for the removal as scheduled to prevent the sutures from irritating the tissues.

If you have any signs of infection (increasing swelling, fever, redness in the face) call our office immediately.