

Post-Operative Instructions (Crowns, Fillings, Bridges, Veneers)

1. After your procedure, there may be some discomfort. . You may take whatever medication you normally take for a bad headache or take the medication prescribed by your doctor.
2. Try to wait until the anesthesia fully wears off to eat any solid foods or any hot liquids in an effort to avoid biting or burning yourself.
3. Once the anesthesia wears off, your bite should feel normal when tapping or grinding **without** food. Some discomfort can be expected if trying to chew firmly on an area of your mouth with recent dental work. If so, favor the other side of your mouth until the symptoms resolve.
4. You may experience some non-lingering temperature sensitivity after the procedure. If so, stop using any over-the-counter whitening products (toothpastes, rinses, strips/trays, etc.), and only use regular toothpaste until the sensitivity resolves. You may also use Sensodyne (non-whitening) Toothpaste.
5. Bleeding when flossing is expected when the gums are inflamed. Do not stop flossing when you see bleeding, but rather continue flossing at least once/day until the bleeding stops. You may rinse with salt water (saline) or *The Natural Dentist Healthy Gums Rinse* to help the gums feel better.
6. Do not hesitate to call the office (518-869-5397) if a problem arises or you have a question.