



You may have some questions following treatment at our office. Please click on the after care topic that applies to you or call our office at 1-928-328-8237.

- Dentures
- Extraction
- Fillings
- Root Canal Treatment





Dentures

WHAT TO EXPECT:

After receiving a new denture, there is a definite period of adjustment.

Sore Spots

Sore spots are a reality of new dentures. Minor irritations are bound to happen, but if they persist for more than a few days, your denture likely needs to be adjusted in that area to reduce the irritation.

Eating

Eating with your new denture is a learning curve. The more you do it, the easier it will become. To begin with, cut your food into small pieces and chew slowly. As you grow accustomed to how your new teeth feel and move in your mouth, you will be able to take larger bites and chew more comfortably.

Fit

Your new denture may feel slightly loose at first. It may take your mouth time to grow accustomed and learn how to form around it to hold it in place. Be patient. It will happen.

If you had an immediate denture (your teeth taken out and denture inserted in the same appointment), your denture may become more loose as time goes on. The reason for this is that your gums are still healing and changing shape, creating gaps between the denture and your tissues. Your dentist can place temporary liners to close the gaps and improve the fit. After all, the expected healing has occurred. A permanent reline is done that fills all gaps with a permanent plastic. A partial denture should feel fairly secure due to the clasps holding it on your teeth. If it is loose, contact your dentist to tighten it. If you have any questions or concerns regarding your dentures, call your dentist.

Extraction

DO NOT DISTURB THE WOUND:

In doing so, you may cause irritation, infection and/or bleeding. Chew on the opposite side for 24 hours and keep anything sharp from entering the wound (i.e. utensils, taco chips etc.). Also, keep your fingers and tongue away from the extraction site.

DO NOT SMOKE FOR A MINIMUM OF 12 HOURS

Smoking will promote bleeding and interfere with healing.

BRUSHING

Do not brush your teeth for the first 8 hours after surgery. After, you may brush your teeth gently, but avoid the area of surgery.

RINSING

Avoid all rinsing for 24 hours after extraction. This is to insure the formation of a healing blood clot, which is essential to proper wound healing. Disturbing of this clot can lead to bleeding or the loss of the blood clot. If the clot is lost, a painful condition called dry socket may occur. You may use warm salt water rinses after 24 hours.

DO NOT SPIT OR SUCK THROUGH A STRAW

This may cause bleeding and may dislodge the blood clot, causing a dry socket.

BLEEDING

When you leave the office, you will be given instructions regarding the control of postoperative bleeding. A rolled-up gauze will be placed on the extraction site and you will be asked to keep biting pressure for 20 minutes or so, depending on the amount of bleeding that is occurring. It is normal for some blood to ooze from the area of surgery. We will also give you a package of gauze to take with you to use at home if the bleeding should continue. Should you need to use the gauze at home, remember to roll it into a ball large enough to cover the wound. Hold firmly in place, by biting for about 20-30 minutes. If bleeding still continues, you may fold a tea bag in half and bite down on it. Tea contains tannic acid , a styptic, which may help to reduce the bleeding. You can also try gently rinsing with ice water. The cold water over the area will constrict blood vessels.

PAIN

Some discomfort is normal after surgery. Pain medications (i.e. ibuprofen, acetaminophen etc.) may be taken under your dentist's direction. Prescription medication, which may have been given to you, should also be taken as directed. If pain continues, call your dentist.

SWELLING

To prevent swelling, apply an ice pack or a cold towel to the outside of your face in the area of the extraction during the first 12 hours. Apply alternately, 20 minutes on then 20 minutes off, for an hour or longer, if necessary.



DIET

Eat normal regular meals as soon as you are able after surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day. It is also important to drink plenty of fluids. You should also avoid consuming carbonated or alcoholic beverages, as these have also been associated with the development of dry socket.

Dry Socket

WHAT IS IT?

Dry socket is an infection in your tooth socket after a tooth is extracted. The condition usually develops when a blood clot fails to form in the socket, or if the blood clot comes loose. Dry socket occurs in approximately 5 percent of all tooth extractions.

Normally, the blood clot that forms after a tooth is removed, promotes healing (laying the foundation for the growth of new bone tissue). When dry socket occurs, this blood clot is lost and the infected, inflamed socket appears empty — hence the name. Nerves are exposed, and sometimes the bone is visible in the empty socket.

SYMPTOMS

You may not have symptoms until three to five days after the extraction. Then, the condition will show itself as severe pain that doesn't subside, often accompanied by what feels like an earache. You may also have an unpleasant taste in your mouth, and bad breath.

CAUSES

Several things can cause the premature loss of a blood clot from an extraction site, including smoking; forceful spitting; sucking through a straw; coughing or sneezing. You should also avoid consuming carbonated or alcoholic beverages after an extraction, as these have also been associated with the development of dry socket.

Also, you should:

Keep your fingers and tongue away from the extraction site
Do not rinse your mouth the day of surgery. The next day, you can rinse gently with warm salt water; dissolve one teaspoon of salt in a cup of warm water. Be sure to rinse and spit gently.

WHAT TO DO:

Call our office right away if you notice any symptoms of dry socket. Treatment for dry socket typically includes a gentle rinsing of the socket. We then pack it with topical anaesthetic and a medicated dressing. You may need to return to our office two to three times over a two-week time period so we can change the dressing. Unfortunately, it just takes time to heal (but it will).



Fillings

WHAT TO EXPECT:

After having fillings done, it is not uncommon for your teeth to be sensitive.

Whether you had white or silver fillings, the teeth can be sensitive to temperature and biting pressure for a few days. Symptoms should subside over time, but some teeth can be sensitive for months or more. White fillings, especially, can be sensitive to biting for some time. Everyone's reaction can be different. If the sensitivity is excessive or is not subsiding, contact the dentist. There may be another correctable cause for it, for example a bite adjustment.



Root Canal

WHAT TO EXPECT:

Short Term

After your root canal procedure, it is not uncommon for the tooth to be tender to bite and a little achy for a few days. Everyone's response to treatment is unique and your symptoms may be more or less severe. If you were given any pain medications, take them as directed. The same applies for any antibiotics. If you should notice any swelling around the tooth over the next couple of days, let your dentist know. You may need some antibiotics for a possible infection.

Long Term

The tooth should heal over time and eventually feel no different than any other tooth. The time for this varies from a few days to a couple of months. For some patients the tooth may always feel slightly "different" than the rest but not painful. If the tooth was a molar or other heavily used tooth, the dentist will likely recommend a crown for it. This will help strengthen it, as root canal teeth tend to be a little more brittle and prone to fracture than healthy vital teeth.