

Name: _____

Date: _____ / 201

Post Operation Instructions - General

Congratulations! You are on your way to having a much healthier mouth. We are dedicated to give you the very best treatment available. We only use the finest instruments and supplies, we allow ample time so that we can treat you ideally.

You have the following procedure(s) done in our office today:

- X ray Regular cleaning Sealants Fluoride Whitening
- Root canal treatment (#) Post/Build up (#) Crown (#)
- Bridge (# / /) Crown Lengthening (#)
- Space Maintainer (#) Fillings (#)
- Deep cleanings (upper left/ lower left/ upper right/ lower right)

These suggestions are highly recommended:

- No** food/water 1/2 hour after treatment, you may eat/drink after ____:____ am/pm.
- No** very hot/cold food/drink for at least 24 hours.
- No** heavy/bright color food/drink (i.e., sodas) for at least 24 hours.
- No** sticky and chewy food (i.e., Fruit Roll Ups, caramels) for at least 24 hours.
- Don't** use your **left/right** side teeth to chew for the rest of the day.
- Don't** bite, chew, scratch or suck on your the numbed lips/cheek.
You can place a piece of folded gauze/cotton roll for your child to bite on, carefully watch the child for about 2 hours.
- Don't** brush or floss for 5 hours after fluoride treatment.
- Carefully brush your teeth, even tonight, with a soft, child size toothbrush.
You may use Q-tips instead in the treatment area. Resume flossing tomorrow.
- Soft diet:** mashed potatoes, soup, noodles, puddings and bananas, etc...
- Over the counter pain medicine, with food: take 2-3 tablets of 200 mg **ibuprofen (Advil, Motrin)** every 4 hours as needed for discomfort and anti-inflammatory effect.
- Prescribed pain medication, but not on an empty stomach.
- If antibiotics are prescribed, continue to take them for the indicated length of time (usually 7 days), even if all symptoms and signs of infection are gone.
- Warm salt/water rinses:** mix 1/2 glass of warm water and 1/2 teaspoon of salt, use 1 or 2 time(s) today, then 3 times per day for _____ days. Or you can use over the counter mouth rinses, any brands.
- Peridex (prescribed mouthwash): 2 times/day, 2 weeks only**
- Contact our office if there is any further questions or concerns.*



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