

# **AFTERCARE INSTRUCTIONS:**

**Fillings:** Next to the tooth/ teeth that had fillings done, you may notice a red spot/ulcer. This will go away over the next few days, but salt water rinses and Motrin can help with healing and pain management. There are no eating restrictions. The bite may feel a bit tall while numb. If the tooth becomes painful or cold sensitive, the bite may still be off. Please call if it still feels off after 1 week so we can smooth down any high spots.

**Crowns:** Next to the tooth/ teeth that had crowns placed, you may notice a red spot/ulcer. This will go away over the next few days, but salt water rinses and Motrin can help with healing and pain management. Avoid sticky/tacky foods until the patient loses the teeth that have crowns. If a crown comes off, save it and call us, so we can re cement it. Floss and brush this tooth just like a normal tooth. *Over the next few days*, you may notice bits of cement (white specks) that come out as the crown seats farther down. Just brush those away. The bite may feel a bit tall but should feel better as the crowns seat farther over the next few days. Please call if it still feels off after 1 week.

**Spacers:** Avoid sticky/tacky foods until the dentist removes the spacer. Spacers are removed several years later once the permanent tooth starts to erupt. If a spacer comes off, save it and call us, so we can re cement it. Floss and brush this tooth just like a normal tooth. *Over the next few days*, you may notice bits of cement (white specks) that come out as the spacer seats farther down. Just brush those away. If the gum tissue becomes red and inflamed, try a peroxyl rinse and better gum line brushing. If it doesn't improve over the next two weeks, please call us, and we may need to temporarily remove the spacer.

**Pulpotomies (baby root canals)**: There are no special restrictions. These procedures are done prior to crown placement and are just an extra medication placed inside the tooth before cementing the crown.

**Extractions**: Next to the areas where teeth were extracted, you may notice a red spot/ulcer. This will go away over the next few days, but salt water rinses and Motrin can help with healing and pain management. No straws or food with small pieces (popcorn, sprinkles, etc.) for 1 week. Bite on gauze for 10–15 min. If bleeding continues, bite on a damp tea bag. Call us if this lasts longer than 2 hours.

**Sealants**: The bite may feel a bit tall, but it should wear down over the next few days. Please call if it still feels off after 1 week. Avoid sticky foods for 2 hours.