



Shipley's
DENTAL CARE

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Post Operative Care-Restorative

- Do not eat anything or drink anything HOT until anesthetic wears off. Anesthetics will typically wear off 90 min-2 hrs following your appointment.
- Cold sensitivity is normal after any dental treatment, anything after 2 weeks is not normal, and you should notify the office to schedule a post op visit.
- Gum tissue may be tender/sore following your visit, rinse with warm saltwater 2-3x day morning and night to help gum bounce back quickly.
- When the anesthetic wears off if you may notice your bite is slightly off, please contact the office for a follow-up visit to adjust your bite. You will not need to be numb for this appointment. If left alone, you could bruise the tooth causing more sensitivity and discomfort that will not go away on its own.
- After the crown is cemented, **NOTHING** sticky or chewy (like dried fruits, gummy vitamins, gum, etc.). **NO** waterpik/flossing for 24hrs. You may waterpik/floss the rest of your teeth and just skip the one that was crowned. Brush your teeth normally 2x a day.
- If you wear a night guard or retainers and they do **NOT** fit after dental treatment, please contact our office for adjustments. Depending on the extent of the restorative work you may need a new appliance (night guard/retainer(s)).
- **Pain Medication:**
 - **600mg of Ibuprofen/Motrin/Advil every 4-6 hours, alternating with 500mg of Tylenol (acetaminophen) every 4-6 hours.**
 - If you are unable to take Tylenol, please take **800mg of ibuprofen/Motrin/Advil every 8 hours.**
 - If you are unable to take Motrin, please take **1,000mg of extra-strength Tylenol every 5-6 hours.**