



**Fillings and Hygiene services**

1. Be careful eating until numbness wears off. You may drink any time.
  2. Sensitivity may occur, especially to cold, and could last for up to three weeks.
  3. If procedure was lengthy, you had to open wide, or if you are feeling tense, take Ibuprofen (advil) up to 600mg every 6 hours. If Ibuprofen is inadequate, you may also take Tylenol.
  4. Rinse with warm salt water, (½ teaspoon of salt to 8 ounces of water), in the event of muscle or gum soreness.
  5. If over the counter medication are insufficient or if your restoration feel “high”, please give us a call
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**Crowns, Veneers, bridge preparations**

1. Avoid sticky food while wearing temporaries. Try to favor the side without the temporaries.
  2. While flossing, pull floss through to the side to prevent dislodging the temporaries.
  3. If temporary comes off, try to re-seat and contact our office immediately. If the temporary is loose or you fear swallowing it, leave crown out and contact us immediately.
  4. Be careful eating until numbness wears off. You may drink any time.
  5. Sensitivity may occur, especially to cold, and could last for up to three weeks.
  6. If procedure was lengthy, you had to open wide, or if you are feeling tense, take Ibuprofen (advil) up to 600mg every 6 hours. If Ibuprofen is inadequate, you may also take Tylenol.
  7. Rinse with warm salt water, (½ teaspoon of salt to 8 ounces of water), in the event of muscle or gum soreness.
  8. If over the counter medication are insufficient or if your restoration feel “high”, please give us a call
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**Endodontics (root canal therapy)**

1. Be careful eating until numbness wears off. You may drink any time.
  2. Expect soreness and mild aching when anesthetic wears off
  3. Take Antibiotics or any medication prescribed by your dentist. Stop medication if you have itching, skin sensitivity, stomach issues, or any other symptoms. Contact us immediately.
  4. If you have not had the final filling or crown on the tooth with a root canal, you must return in less than two weeks to finish treatment.
  5. If over the counter medication are insufficient or if your restoration feel “high”, please give us a call
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Additional instructions:

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