



## POSTOPERATIVE INSTRUCTIONS

TP DENTISTRY

(623) 544-4555

**Please do not eat until the anesthetics wear off.**

**Please keep to soft foods for 24 hours after the procedure. (i.e., soups, smoothies).**

**Generalized discomfort to be remedied with over the counter pain medication.**

**If pain is excessive, please contact Dr. Pham at the 24 hour phone number is given.**

**Please avoid all excessive activity. Do not do things that will raise your blood pressure.**

**Go home and rest.**

**Extractions patients:** For proper care of blood clot, please maintain gentle pressure by biting on gauze sponge for 45 minutes over the surgical area. If bleeding persists, replace gauze as needed. Please go home and stay off your feet. Please do not rinse, spit, swish, or take any liquid by straw for at least 36 hours. After that, you may gargle with warm salt water to keep area clean. Use a concentration of  $\frac{1}{4}$  teaspoon of table salt in 8 oz of warm water. The use of commercial mouthwashes during the healing period is discouraged because it may cause burning and discomfort. Please avoid spicy and citrus foods, alcoholic beverages, and smoking for at least 48 hours to avoid delayed healing. You may brush carefully but thoroughly around surgical area. If sutures are placed, you should return for removal on the appointment date given. If immediate prosthetics (dentures) were placed, please wear as healing cap for 48 hours.

**Crown, Bridge, Filling or Veneer patients:** Please avoid chewing directly on area for at least 24 hours.

Please stay away from sticky or chewy foods to avoid dislodging temporary crowns. Please continue to maintain proper home care, i.e., brushing and flossing. Please floss vertically toward the gum and then pull out horizontally. After anesthetic wears off, if your bite feels high, please call our office **ASAP** for proper adjustment. In the unlikely event that the temporary does come loose, retain the temporary and call the office for further instructions. After receiving your final restorations, please avoid sticky or chewy foods for 3-4 hours to allow the cement to fully set.

**Root Canal patients:** Some discomfort may occur when the local anesthesia (numbness) wears off. Expect the tooth to be sensitive when chewing. The discomfort will depend primarily on the severity of the abscess (infection), if present. Eat soft or liquid foods, avoiding the tooth in treatment during the first 24-48 hours. If a temporary restoration is placed on root canal treated tooth, please schedule a follow-up appointment to restore tooth with a final restoration. Normal homecare should be carried out following the root canal therapy.

**Bleaching patients:** Some discomfort may experience sensitivity during and/or after bleaching procedure. If this occurs, you may use bleach trays every other day instead of every day. We can also recommend an over the counter fluoride rinse that can help reduce the sensitivity. You should schedule appointments with our office for periodic evaluation and shade check.

**Emergency #: (480) 678-3328 Dr. Pham**

