



COSMEDENT

SPECIALITY DENTAL HOSPITAL



**Instructions to
patients**



CosmeDent Speciality Dental Hospital
INSTRUCTIONS TO PATIENTS FOLLOWING DENTAL EXTRACTIONS

Please follow these simple instructions to aid a quick and trouble free recovery:

We will place a Cotton/gauze pack on the extraction site to limit bleeding and confine the blood while clotting takes place. This gauze pack should be left in place for 30 to 45 minutes after you leave the office.

1. Immediately after extraction

- Do not rinse the mouth on the day of the extraction
- Do not touch or suck the wound
- Avoid hot drinks, hot foods or using a straw
- Do not smoke or consume alcohol for at least 48 hours after extraction.

(Please discuss this with your dentist if you have any concerns)



2. Take care of yourself

- Rest quietly, and sleep with an extra pillow at night
- Avoid strenuous activity – e.g. exercise
- The usual medication you use for pain control should be used if needed – as the dosage published on the bottle (avoid aspirin, as this thins the blood, preventing clotting)

3. Take care of your mouth

- Warning! : Injections may cause lips, tongue and cheeks to feel numb or frozen for a period afterwards. Be careful not to bite them while you still feel numb.
- If bleeding continues or starts again, apply firm pressure to the wound by biting on a clean handkerchief or piece of gauze that has been folded, wrung out in cold water. Keep in place for at least 15mins.
- Remember to clean the remaining teeth carefully on the day of extraction.
- The day after extraction, the wound can be kept clean by regular mouth washing, using one teaspoon of salt dissolved in warm water.

For further advice, please do not hesitate to call your dentist within working hours.

Helpline: 040 23892373 (open 10.00am to 1.00pm – 5.00pm to 9.00pm Monday to Saturday open 10.00am to 1.00pm on Sunday)

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CROWN CEMENTATION INSTRUCTIONS

The following instructions are meant to be helpful tips to ensure success with your new crown.

1. If anesthetic was used, do not eat on the affected side until the numbness has worn off to avoid injuring yourself.

2. It is common to have sensitivity to cold, hot or crunchy foods for several days to several weeks after the procedure. You will want to moderate your diet. The use of Desensitizing toothpaste may help in reducing sensitivity.

3. If your crown is porcelain, never chew ice, peanut brittle, frozen Snickers bars, popcorn seeds, or the like. These foods will fracture the porcelain.

4. Please understand that sticky foods, such as Chocolates, Chewing Gums, Sticky Sweets and like foods can cause cemented dental work to come off. Avoid these foods.

5. If the new crown feels 'too high' or 'too heavy' to the bite, please call us so we may adjust it for you.

6. If the crown ever comes off, call the office as soon as possible to be evaluated and have it re-bonded.

7. Although crowns and bridges are often the most durable of all restorations, the underlying tooth is still vulnerable to decay, especially at the interface between the tooth and crown (along the gum line). We recommend professional maintenance and evaluation at least twice a year. If you have had a periodontal problem (gum disease) in the past, you should see us a minimum of three times a year.

8. Proper care of your new crown(s) or bridge includes brushing and flossing a minimum of twice daily and regulating your intake of sugar-containing food and drinks. Proper maintenance will not only prolong the life of the restoration, but will also help to prevent problems elsewhere in your mouth.

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Patient Instructions After Scaling and Root Planing

These are some helpful suggestions that will increase your comfort and help you receive the maximum benefit from periodontal treatment.

1. Tenderness is normal. To reduce tenderness and promote healing, every two to three hours, rinse with warm salt water: 1/2 teaspoon salt in a 100ml glass of water.
2. Avoid brushing or flossing the treated area for 12 hours. However, after 12 hours it is very important that you continue to brush well. Please be careful brushing and use a toothbrush with soft bristles. You may moisten the brush with warm water if tissues are tender.
3. Paracetamol or Ibuprofen may be used as recommended for discomfort.
4. Highly nutritious food is necessary for the healing process. Avoid foods that require excessive chewing, also, sticky, crunchy or coarse foods.
5. Tooth sensitivity is normal and temporary. You may use desensitizing toothpaste of any major brand for sensitivity relief.
6. You may also gently massage the areas treated with your washed fingers. This will increase circulation and promote healing.
7. After each appointment when anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. Also avoid spicy, hot, acidic, and hard foods for a few days while your gums heal from the scaling and root Planing.

Lastly, please contact our office should you experience prolonged bleeding or any other problems during the healing process at 040 23892373.

These suggestions will help you receive the greatest benefit from treatment.

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Post Op Instructions: After a Root Canal

Root canal therapy often takes two or more appointments to complete. After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours. Avoid any chewing on the side of the treated tooth until the numbness has completely worn off.

A temporary filling or crown is placed by your dentist to protect the tooth between appointments. It's common (and not a problem) for a small portion of your temporary filling or crown to wear away or break off. If the entire filling falls out, or if a temporary crown comes off, please call our office so it can be replaced.

To protect the tooth and help keep your temporary filling in place:

- Avoid chewing sticky foods (especially gum).
- Avoid biting hard foods and hard substances, such as ice, fingernails and pencils.
- If possible, chew only on the opposite side of your mouth.

It's normal to experience some discomfort for several days after a root canal therapy appointment, especially when chewing. It is not uncommon for a tooth to be uncomfortable or even exhibit a dull ache immediately after receiving root canal therapy. This should subside within a few days (or even weeks). Even if you were not experiencing any discomfort prior to treatment, it is normal for you to experience some degree of discomfort for a few days after. The tenderness is normal and is no cause for alarm.

To control discomfort, take pain medication as recommended by your dentist. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

If you were not prescribed a pain medication by us but are experiencing pain after your appointment, we recommend taking over the counter pain medication. We recommend ibuprofen or paracetamol. Should you experience discomfort that cannot be controlled with pain medications or should swelling develop, please call our office.

To further reduce pain and swelling, rinse three times a day with warm salt water; dissolve a teaspoon of salt in a cup of warm water, then rinse, swish, and spit. It's important to continue to brush and floss normally.

Usually, the last step after root canal treatment is the placement of a crown on the tooth. A crown covers and protects the tooth from breaking in the future. Unless otherwise noted by the dentist, it is critical to have a crown placed on your root canal therapy treated tooth as soon as possible.

Delay in obtaining final restoration (crown) may result in fracture and/or possible loss of the tooth.

If your bite feels uneven, you have persistent pain, or you have any other questions or concerns, please call our dental office.

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Instructions for orthodontic Patients

DIET In general, avoid anything very hard or sticky! These foods may loosen bands or break off brackets from the teeth causing damage and delay in your treatment. Cut your foods into small pieces and chew slowly and carefully to avoid breaking, bending or loosening your appliances (braces). Almost anything can be eaten as long as it is cut into small pieces and eaten slowly with care.

- **Specifically, avoid eating the following: Chewing gum, candy, apples, taffy, peanut brittle, caramels, tootsie rolls, hard candies, gummy bears.**
- **Also avoid biting: Hard cookies, hard rolls, nuts, pretzels, ribs, and pizza crust.**
- **Don't even think about chewing on: ice, pens or pencils.**

There are still many foods you may enjoy, if you are just careful: apples, pears, raw carrots, celery, corn on the cob, crusty bread sandwiches, bagels and meat on a bone can be cut up in small pieces or strips and eaten on your back teeth. Pizza is okay. Just use your knife and fork instead of your front teeth!

ORAL HYGIENE Careful tooth brushing is of critical importance. Braces trap food, bacteria and plaque that can cause tooth decay, gum disease, and leave permanent marks (decalcification), which will never come off the teeth! Brush after every meal and before bedtime. Pay special attention to the gum line and the area between the braces and gums. Keep your braces and teeth sparkling clean! A fluoride mouth rinse is highly recommended (i.e. Act, Fluor guard).

WAX If the bands scratch your lips, gums, cheeks or tongue, place a small piece of wax over the sharp spot after drying off the area with a tissue. Usually such irritations disappear after a few days. You can also use a small piece of wet tissue instead of wax.

DISCOMFORT In general, rinsing with warm salt water can relieve soreness of the mouth: (one teaspoon of salt in a half glass of very warm water). Rinse for 60 seconds, then spit out. Rinse every ten or twenty minutes for best results. If pain persists, use an over the counter pain reliever or anti-inflammatory such as Tylenol or Advil. (Children, please ask your parents first!)

CHECK FOR LOOSE BRACES DAILY Loose braces allow decay to proceed under them rapidly. If any braces or wires break or come loose call the office. Place wax over any sharp areas, And save any loose pieces and bring them in with you. Loose or broken braces prolong treatment.

REGULARITY IN KEEPING APPOINTMENTS IS ESSENTIAL Failed or broken appointments increase treatment time.