



## Post-Operative Care Instructions:

### TEMPORARY RESTORATIONS including Multi-Unit Crowns; Bridges; Veneers

**Numbness:** the numb feeling will last another 2-4 hours. Do not touch the surgical area. Avoid checking out the numbness of the lips, cheek, or tongue with your teeth as you could accidentally bite yourself or cause the tissue to appear rough and puffy. If this happens, it should heal nicely and become smooth in 10-14 days. Avoid hot beverages to avoid burning the area which is numb. Keep in mind when drinking, the mouth may not posture itself as one would expect, and you may make a mess.

**Discomfort:** Ibuprofen (Motrin, Advil) is the first choice for pain control if your physician has not put any restrictions on its use due to your other medications. Consider the maximum dose of ibuprofen 600mg 3 times every 24 hours. If this is not sufficient to control pain, add Tylenol 1000 mg 3 times every 24 hours, taken at the same time as ibuprofen or staggered times. These two medications work differently and combined are considered the best option for pain control. Consider continuing ibuprofen as noted if there is some discomfort. Discomfort indicates inflammation; controlling inflammation will enhance healing.

**Diet:** Avoid hard, crunchy foods and chewy foods, as these foods may loosen or break the temporaries off of your teeth.

**Oral Hygiene:** Do not floss the area. Brush the area and make sure the toothbrush cleans the teeth and the interface between the gum tissue and the teeth. Use AO Gel as directed.

**Follow Up:** If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please call our office (330) 494 6016.