

## POST OPERATIVE INSTRUCTIONS FOR PREPARATION APPOINTMENT

The following supplies are being provided for you in your Take Home Care Kit:

- ❖ Patient Bag
- ❖ Crest Spinbrush Toothbrush
- ❖ Oxyfresh Rinse (Zinc or Lemon)
- ❖ Oxyfresh Tissue Gel
- ❖ Crest Sensitive Toothpaste
- ❖ Waterpik Flosser
- ❖ Waterpik Irrigator
- ❖ Zilaction Lip Balm
- ❖ 10 (800mg) Ibuprofen
- ❖ Acquaseal Swabs
- ❖ Mug for take home along with drink packets
- ❖ Temporary nightguard if necessary

After your dental appointment it is important to review these instructions after placement of your Esthetic Provisionals. We recommend the following steps to minimize any discomfort you may endure:

- ❖ Administer Ibuprofen or Tylenol (up to 800mg every 6hrs as needed for the first 24hrs). We have enclosed 10 tablets for use.
- ❖ Brush at least twice a day. Before Brushing, hold your toothbrush (Crest Spinbrush) under warm running water. Apply Crest sensitive toothpaste. After the first couple of days if laser contouring was done on your gums, you may see a thin white line. This will be seen where the provisional and the gum meet. It may look as if you have some bread stuck there. Do not brush that off. It is the body healing itself. Apply the Dental gum gel 4 times daily and after brushing at bedtime.
- ❖ The provisionals are splinted together for strength, but they look like single units. It is important to keep them clean. Use the Waterpik Electric Flosser or Irrigator to remove any food or plaque. You cannot floss like you may have before so we have provided these items to help.
- ❖ Use the mouthrinse twice daily (Mint or Lemon Oxyfresh), preferably after breakfast and before bedtime. Rinse for a full 30 seconds. That may seem like

- a long time, but is necessary for healing of the tissue. This rinse will help reduce tissue redness and inflammation and help control bleeding. Do not eat or drink for 30 minutes after rinsing.
- ❖ Drink something warm (Tea, Coffee, Cocoa or Apple Cider). This will help soothe any areas that are tender and also will help you to relax after your dental appointment. Some packets are provided in your take home care package.
  - ❖ The provisional absorb fluids and may also stain with certain foods you may eat. These provisionals may also have an odor after awhile, do to leakage. We have provided some Listerine pocket packs to help control the smell of bacteria.
  - ❖ Your temporaries are made of acrylic. Acrylic shrinks and contracts. I tell female patients, if you have ever had your nails done, they are made out of the same material. You may hear some popping sounds while drinking hot or cold beverages. This is normal. While drinking something hot your temporaries may feel loose. While drinking something cold they may feel tight. We recommend drinking fluids at room temperature.
  - ❖ Avoid foods that are hard and sticky, as they may break or pull off your temporaries. When I first had my provisionals placed, I bit into bagel and broke them. Avoid biting into foods that are hard or crunchy. I tell patients to not bite into anything with their provisionals. Cut everything up and chew on your back teeth. Eat soft foods such as (Baked Chicken, Fish, Pasta, Mashed Potatoes, Cooked Vegetables, Eggs, Oatmeal, Grits, Yogurt, etc).
  - ❖ Please avoid any foods that may be highly acidic. Barbecue sauce, Ketchup, Orange Juice, Grapefruit Juice, Hot Sauce may burn or irritate the tissue area.
  - ❖ MI PASTE is provided for any tooth sensitivity you may have. Just break the end that has the stripe, the solution will run to the other end and swab where the tooth and the gum meet.
  - ❖ Lips can sometimes get chapped and sore from stretching them during the procedure. Lip balm is provided for comfort.
  - ❖ If you should loose or break a provisional, do not panic. Call the office and bring the piece that broke with you to the appointment. Do not throw the piece away. It can usually be recommended with no problems.
  - ❖ The doctor may prescribe a temporary nightguard to help protect the provisionals during the night.
  - ❖ I will be checking in on you tonight, but if you If you have any other questions don't hesitate to call our office