

POST – VISIT INSTRUCTIONS

POST-VISIT INSTRUCTIONS FOR AFTER YOUR CROWN OR BRIDGE

PREPARATIONS

- The gums may be sensitive around the tooth. Start an anti-inflammatory regime, such as Ibuprofen, before the anesthetic wears off.
- Rinse your mouth out with warm salt water (One tsp in an 8 ounce glass of warm water) rinse 3-5 times per day for 3 days. Continue normal home care regime including brushing, flossing and Listerine rinses.
- If your temporary crown or bridge does come loose or off, or you have any problems please contact the office at (616) 656-2400.

POST-VISIT INSTRUCTIONS FOR AFTER YOUR CROWN OR BRIDGE DELIVERY

- It is not unusual to have some hot and cold sensitivity for some time after the crown is inserted. But it should not hurt to chew. If it does, please call the office to come in for a bite adjustment.
- Just like anything else you plan to keep a long time, you need to take care of you teeth and gums. Good brushing, flossing and regular maintenance visits (no more than 6 months apart) are a must!
- If you have any problems, please call our office at 616-656-2400.

INSTRUCTIONS FOR AFTER YOUR RESTORATIVE (tooth colored fillings)

APPOINTMENTS AND CORES

- Start an anti-inflammatory regime, such as Ibuprofen, before the anesthetic wears off.
- It is not unusual to experience hot and cold sensitivity for some time following your visit, but it should continue to get better with time. It should not hurt to chew or ache by itself. If it does, please call our office to schedule an appointment for a possible adjustment at (616) 656-2400.

INSTRUCTIONS FOR AFTER YOUR ROOT CANAL

- Start an anti-inflammatory regime, such as Ibuprofen, before the anesthetic wears off.
- You may experience some general tenderness in the area but should get better with time. If there is an increase of pain, swelling or it is painful to biting please call the office at (616) 656-2400. A possible bite adjustment may be needed or an antibiotic. If Dr. Zuidema has prescribed an antibiotic, please take all of the prescription even if your discomfort is feeling better.

INFORMATION ABOUT YOUR TEMPORARY CROWN, VENEER OR BRIDGE

A temporary is a filling or crown that is placed until the final filling or crown is made and ready to be placed. It is normal for the gum around your tooth to be a little sore when the numbness wears off. This should disappear by the next day. Do your best to chew on the opposite side until your next appointment. Chewing sticky foods may dislodge the temporary.

If you experience the following reactions, please call us (616) 656-2400:

- If your temporary feels “rough” or feels “high” to your bite.
- We want your temporary crown or bridge to come off easily at the delivery appointment, so we use temporary cement that is much weaker than the final cement. Please stay away from sticky, hard foods or gum.
- If your temporary crown or bridge does come loose or off, please call us so we can re-cement it or you can put it back in with a denture adhesive until you can get to our office. The temporary is very important. It protects the exposed tooth so it is not sensitive, prevents food from gathering in the preparation, and prevents the prepared tooth from shifting and moving making seating of the permanent more difficult.
- If your tooth is sensitive, the temporary will not fit as well as the final restoration will, so there may be some sensitivity to hot and cold. If it is too uncomfortable, please call.
- Use warm salt water rinses (one tsp salt in 8 ounces of warm water) 3-5 times a day for 3 days, this will help clear the area and take the achiness away. Continue with good home care including brushing, flossing and Listerine rinses until your scheduled appointment. When flossing, be sure to pull the floss through the contact. Popping or snapping the floss out may cause the temporary crown to dislodge.

AT HOME TOOTH WHITENING

- Teeth are naturally darker near the gums. This area may take longer to lighten than other parts of the tooth and will usually remain slightly darker.
- During the whitening process foods that cause staining should be limited. For example: blueberries, coffee, cola drinks, tea, grape juice, etc.
- A small percentage of patients experience sensitivity with at home whitening. If this occurs, give us a call at (616) 656-2400.
- Foods and juices high in citric acid can cause sensitivity to the teeth during the whitening process.
- Some patients have noticed temporary discomfort of the gums. Make sure not to allow the whitening gel to contact your gum area. If the discomfort symptoms persist more than two days or progressively worsen, call us. These side effects will usually subside within 1-3 days after treatment is discontinued.
- Coffee, tobacco and other products can re-stain your teeth over time. Should this occur, the teeth can be re-whitened one to two times per year.
- Regular dental check-ups and cleanings are important before and after whitening to maintain a healthy smile.
- Some old amalgam or “silver” fillings may leave a dark purple color in your bleaching tray; this is normal.
- If you have any questions pertaining to this treatment refer to the guidelines in your whitening kit or call us with any questions or concerns at (616) 656-2400.