



**AFTER HOURS INSTRUCTIONS IF TEMPORARY OR PERMANENT CROWNS
COME OFF**

- A small amount of toothpaste can be placed inside the crown and then the crown can be placed back on the tooth.
- For a stronger hold, especially for front teeth, you can purchase a denture cream at a drug store (i.e. Fixodent) and place the crown back on with small amount of Fixodent. Do not use a temporary cement found at drug stores; it's more difficult to use properly.
- If tooth is not sensitive, you can leave it off and call during our regular business hours to have it re-cemented.

**Bender Dental Group
313 Primrose Lane
Suite A/B
Mountville PA 17554
717-285-3030**



INFORMATION FOLLOWING CROWN OR BRIDGE TREATMENT

- Following the first appointment for a crown or bridge procedure, a temporary is usually placed on the tooth or teeth involved. This will protect them while the custom permanent restoration is being made.
- Temporary crowns are of a universal size and shade that also serve a cosmetic function for front teeth. Your final restoration will be shaped and shaded better than the temporary to match your other teeth in both color and function.
- The use of temporary cement is for easy removal at your next appointment. If your temporary comes off between appointments, place it back on with a small amount of toothpaste and call us for an appointment during our regular business hours.
- Many crowns fit below the gumline. Therefore, you may experience some discomfort for a few days due to the irritation of that area during the procedures. Sensitivity to cold or pressure is also possible. You may rinse with warm salt water (1 tsp salt in a cup of warm water) and take over-the-counter pain medication for discomfort.
- After the final cementation of your fixed restoration, it may take a few days to get used to the new crown or bridge. If you feel the bite is not correctly balanced, be sure and call for an appointment for a simple adjustment.
- Proper brushing and flossing is recommended to help you retain your final restoration. The only area that a crowned tooth can decay is at the edge of the crown at the gumline. Fluoride treatments will aid in the prevention of recurrent decay and should be given at all routine cleaning visits.
- If your permanent crown comes off, please call the office as soon as possible to have it re-cemented. Teeth can shift if crown is left out for an extended period of time. Permanent crowns can also be placed back on with same options as temporary crowns above, then call for an appointment to re-cement.
- After your temporary or permanent crown is cemented, please wait at least an hour to eat or drink. Please do not pull floss back up and avoid sticky foods for temporary crown.
- Do not use Floss picks with temporaries.
- You can use a WaterPik on Level 1.

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INFORMATION FOLLOWING ENDODONTIC (ROOT CANAL) TREATMENT

Root canal therapy can take 1-2 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 treatment tooth until the numbness has completely worn off.

A temporary filling or crown is placed by your dentist to protect the tooth between appointments.

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 during regular business hours.

To protect the tooth and help keep your temporary 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. 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 1 tsp of salt in 1 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 at **717-285-3030**.



FLUORIDE VARNISH INSTRUCTIONS

After a fluoride varnish application, it's crucial to wait at least 30 minutes before eating or drinking. For best results, avoid brushing or flossing for 4-6 hours, and stick to a soft-tooth-friendly diet for a few hours. After the initial period, you can resume your regular oral hygiene routine.

Detailed Post-Operative Instructions:

- **Wait 30 minutes:** Allow the varnish time to adhere to the tooth surfaces before eating or drinking.
- **Avoid Brushing/Flossing:** Refrain from brushing or flossing for at least 4-6 hours.
- **Soft Diet:** Eat only soft foods for the first few hours to avoid disrupting the varnish.
- **Avoid Hard, Crunchy or Sticky Foods:** These can dislodge the varnish.
- **Avoid Hot Drinks:** Hot beverages can loosen the varnish.
- **Avoid Alcohol:** Products containing alcohol, like mouthwash, should be avoided for at least 4-6 hours.
- **Normal Activities After 6 Hours:** You can resume your normal oral hygiene routine (brushing and flossing) and eating/drinking after the 4-6 hour period.
- **Prescription Fluoride:** Avoid using prescription fluoride medications for a few days after treatment.

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INFORMATION CONCERNING AN IMMEDIATE DENTURE

- Biting pressure on the denture will promote clotting and will decrease the initial flow of blood. Slight bleeding can last up to 2-3 days though.
- Use an ice compress on affected side for 20 minutes on and 20 minutes off for the first 36 hours.
- Limit your diet to soft nurturing foods and plenty of fluids for the first week.
- Don't take the denture out today, but rinse your mouth with warm salt water before going to bed (1 tsp. salt in 1 cup warm water).
- Starting tomorrow, carefully remove the denture twice a day and clean with a toothbrush and soap and water (i.e. Dawn dish soap) or denture cleanser. Rinse your mouth with warm salt water. Sleep with the denture in your mouth for one week unless otherwise instructed. Then you should take it out when sleeping in order to relax the gum tissues.
- Due to the gum shrinkage that occurs within the first 6 months, you may go through periods of a loose-fitting denture. A temporary liner will be inserted as needed. Denture adhesives can be used during this period also.
- Following the gum shrinkage period (approximately 6 months) a more permanent reline will be placed.
- You may experience sore spots caused by the denture being too long or from uneven pressure being applied to the healing gum tissues. We will adjust the denture as these problems occur.

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Partial-Denture Home-Care Instructions

Now that you've taken a significant step toward restoring your smile and ability to eat, please take care of your new denture and your mouth by following these tips and home-care instructions.

New Partial or Denture FAQ

Sore Spots

Don't panic! It's very common to have a few sore spots, especially within the first 24 hours of wearing a new partial and even within the first few weeks. Sore spots occur when the partial is putting too much pressure on one area of your mouth.

- Call our office so we can make any necessary adjustments to help eliminate the sore spots. Be sure to wear your partial the day of your appointment to help us identify the sore areas of your mouth.
- Never try to adjust or repair your partial yourself – you could easily damage it and affect how it fits.
- To soothe your gum tissue, remove your partial denture and rinse your mouth with warm saltwater.

Chewing

Your new bite (or occlusion) may not feel comfortable for several days. We can adjust the contacting surfaces of your teeth during this initial phase until your new partial denture has settled into place.

Instructions:

Caring for your Partial Denture

You will need to clean your partial denture daily. (Before cleaning, be sure to fill the sink with water or lay a soft towel down – a partial can break if it falls on a hard surface.)

Follow these cleaning tips:

- Rinse your partial under warm water after each meal to remove plaque and food debris. Do not use boiling or very hot water – doing so can cause the partial to warp and affect its fit.
- Brush your partial daily with a soft toothbrush or denture brush and use soap and water (i.e. Dawn dish soap). Regular toothpaste is too abrasive and can cause scratches in the acrylic.
- Do not use any bleach (sodium hypochlorite) or harsh chemicals to clean partial. Do not use denture cleaners on flexible partials.

Additional Tips:

- When traveling or if you remove your partial temporarily, *always* place it in a denture case to keep from losing it. *Never* place it on a napkin or tissue. We have had patients accidentally throw away a partial denture after placing it on a napkin, paper towel, or tissue for “just a moment”.
- Dog owners: Please keep your partial out of reach of your dog! We cannot emphasize enough that your dog will think your partial is a chew toy and destroy it given the opportunity!

Partial-Denture Home-Care Instructions Cont'd

Caring for your mouth and gum tissue

Both your partial denture and natural teeth must be kept very clean on a daily basis to reduce the chance of new dental decay forming.

- When not wearing your partial, always keep it in water or a denture solution; otherwise, the acrylic will dry out over time causing it to become brittle and affecting the fit.
- Unless otherwise instructed, remove your partial before going to sleep each night and allow your gum tissue to breathe. Doing so will help prevent irritation and discomfort and infection of the soft tissue beneath your partial.
- While your partial is out of your mouth, use a damp washcloth or very soft toothbrush with warm water (or warm saltwater) to clean your gums. Clean the ridges where your partial sits as well as your tongue, lips, cheeks and roof of your mouth. Rinsing daily with warm saltwater will help keep your gums clean.
- Use a soft toothbrush and fluoride toothpaste to clean your natural teeth.

A new partial denture always feels a little strange when first placed in your mouth. Several days or even a few weeks is a normal amount of time for you to become accustomed to it. If you follow our guidelines for home care, you should be able to enjoy many successful years of wearing your partial.

If you have any questions about your partial denture or need an adjustment, please call our office to schedule an appointment. We're here to help!

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POST-SURGICAL INSTRUCTIONS

Listed below is the proper care of your mouth following surgical procedures. Your attention to each item will hasten your recovery and minimize possible complications.

- Do not rinse or expectorate (spit) today.
- Bite on gauze firmly for 15-30 minutes at a time for the first hour. Change gauze every 30 minutes until the bleeding stops. Lightly moisten new gauze before placing in mouth to prevent gauze from sticking to new packing. If bleeding persists after first hour, bite on moist tea bag for at least 20 minutes at a time. Bleeding may trickle throughout the first day.
- Plan on staying physically inactive until bleeding stops.
- If extraction is close to sinuses, do not blow nose harshly.
- If you have swelling, you can reduce the amount of swelling by:
 1. Apply cold packs to operated site ten minutes and ten minutes off. This is effective for approximately five or six hours.
 2. Keep head elevated and avoid bending over; again, for five to six hours.
- If indicated, you will be provided with a prescription for pain medication, antibiotics etc.
- You may begin eating a light diet as soon as you can do so comfortably. Avoid very hot drinks the first day.
- Beginning tomorrow you should rinse gently with warm salt water. (Approximately $\frac{1}{4}$ teaspoon salt in two oz. of warm water.) Continue for three days.
- No smoking for 48 hours; no using straws for 48 hours.
- Avoid alcohol beverages and mouth rinses for 48 hours.
- If any unusual symptoms occur or if you have any questions, please call the office at 285-3030.

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HOME CARE INSTRUCTIONS FOLLOWING PERIODONTAL TREATMENT

- You can take over-the-counter pain medication for any discomfort you may have.
- Drink at least 8 glasses of water today to help remove the bacteria that is present.
- Avoid eating crunchy, spicy, or hot foods today – ie: taco chips, carrots, crispy friend chicken.
- Rinse with warm salt water if your gums are sore and tender: (1 tsp salt in 1 cup warm water).
- Brush gently today even if your gums are tender to help remove the plaque that has started to reform. Always use a gentle fluoridated tartar control toothpaste.
- You don't need to floss or use any home care aids (ie: toothpicks) today if there is too much sensitivity; but starting tomorrow, do so each day.
- Follow all our home care instructions exactly as directed. Success of treatment depends directly on the improvement of your oral hygiene.

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