



I love my
SMILE

AFTERCARE

BITEPLATE AFTERCARE

- Regularly cleaning your bite plate will lengthen its lifespan and prevent the buildup of unwanted residues.
- If your bite plate is new, place it in boiling water for 30 seconds before placing it in your mouth. This expands the acrylic for easier insertion. It will feel very tight at the beginning which is normal. It is like wearing new shoes, it will take a few days to become more comfortable.
- Brush your bite plate with lukewarm water, dishwashing liquid, and a toothbrush. **DO NOT USE TOOTHPASTE**, it is abrasive and will roughen up the bite plate.
- Rinse the bite plate after cleaning and place it wet into its container.
- Keep away from dogs, as they tend to enjoy chewing on them.
- Make sure to bring your bite plate along when coming for any dental check-up/ cleaning /dental work, as it might need to be adjusted.
- Please note that when your bite plate has visible grooves on the biting surface your teeth cannot move freely over the surface of the bite plate. It will need to be adjusted and polished in the lab.(A bite plate which is not adjusted from time to time can lead to tooth and jaw ache)
- In the case of a full rehabilitation/crown or bridgework, the use of your bite plate is mandatory to ensure our warranty of the restorative work and also to ensure the longevity thereof.
- Please wear your bite plate every evening. Preferably not for more than 8 hours.



MAKE AN APPOINTMENT

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POST-OP EXTRACTION INSTRUCTIONS

Phone immediately if the following occurs

1. Excessive bleeding.
2. Severe pain and swelling after 3 days.
3. Bad breath or a bad taste in your mouth.
4. Any reaction to prescribed medication (e.g. nausea/skin reactions)To prevent any complications and ensure healing occurs, it is very important for a stable blood clot to form in the extraction socket: This can be achieved by following the instructions listed below
 - Bite down on a piece of gauze for approximately 30-60 minutes, slight bleeding in the area is normal. If the bleeding persists after the gauze has been removed, bite on a new piece of gauze or a wet tea bag (NORMAL NOT ROOIBOS)
 - DO NOT fiddle with your tongue or any object at the extraction site. You can brush your teeth as usual just not in the extraction socket, spit out the excess toothpaste, and do not rinse with water afterwards.
 - Try to follow a soft diet for the next few days or chew on the opposite side of the mouth. Soft food e.g. fish, mince, meat, pasta, soups, mashed vegetables, etc.
 - Avoid hot food and drinks for several hours after the procedure.
 - Mix 1/2 teaspoon of salt with lukewarm water. Just let the saltwater lie in the area and spit it out, DO NOT RINSE, repeat 3 times a day.
 - Take some anti-inflammatory medication before the anesthetic wears off. (e.g. Brufen, Myprodol/Gen-pain, Mybulen etc.)NOT DISPIRIN/ GRANDPAS this will exacerbate bleeding.

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- If antibiotics are prescribed by your dentist, it is important that you follow the dosage directions and complete the full course of antibiotics.
- Your dentist will use dissolvable sutures after your extraction, in cases where they don't, you will be informed and a follow-up appointment will be necessary.
- Do not smoke or use any form of alcohol for the first 72 hours, after your procedure as this decreases the healing process.
- Sinus involvement: your dentists will inform you if the sinus is a concern after your extraction. If the sinus was involved please do the following:
 - Do not blow your nose for the next 2 weeks, rather wipe your nose clean
 - Use nasal decongestants
 - If you have the urge to sneeze, do so with an open mouth and DO NOT TRY to contain it.
- Avoid sports activities for the following 48 hours.
- In case of swelling, you can use an ice-pack for 20minutes around the swollen area, followed by 20 minutes away from the area. Swelling normally takes 48hours to go back to normal again.



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POST-OP ROOT CANAL TREATMENT

DO NOT bite or chew anything until the numbness wears off. You could easily bite your tongue or cheek. You should have a porcelain filling or a crown placed on your tooth within 4-6 weeks of the root canal being completed. It is essential for you to follow up with your dentist on this. If this is not done the tooth might fracture which could cause your root canal to fail.

DO NOT use the tooth to bite down on anything hard (peanuts, pretzels, candy, ice, etc.) until the permanent filling/crown has been placed on the tooth. The tooth is prone to fracture and if you bite down on anything hard or crunchy you could possibly crack the tooth.

It is normal for the temporary filling to “divot” in with use. It is very rare for it to fall out entirely. If the temporary filling does come out you should contact us, or your general dentist as soon as possible.

Some minor discomfort in the area is normal following the root canal procedure. It is normal for the tooth to be uncomfortable for several days after treatment. Your tooth will take some time to heal. Sometimes, depending on the circumstances, the tooth and surrounding tissues may remain sore for a week post-treatment. The most common reasons for post-treatment pain are:

- Sore jaw joint from having your mouth open for a prolonged time.
- Sore muscle from the anesthetic injection site.
- Sore gum from the rubber dam placement.
- Inflammation/infection in the bone around the tooth.

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POST-OP ROOT CANAL TREATMENT

WHAT DO I DO ABOUT PAIN?

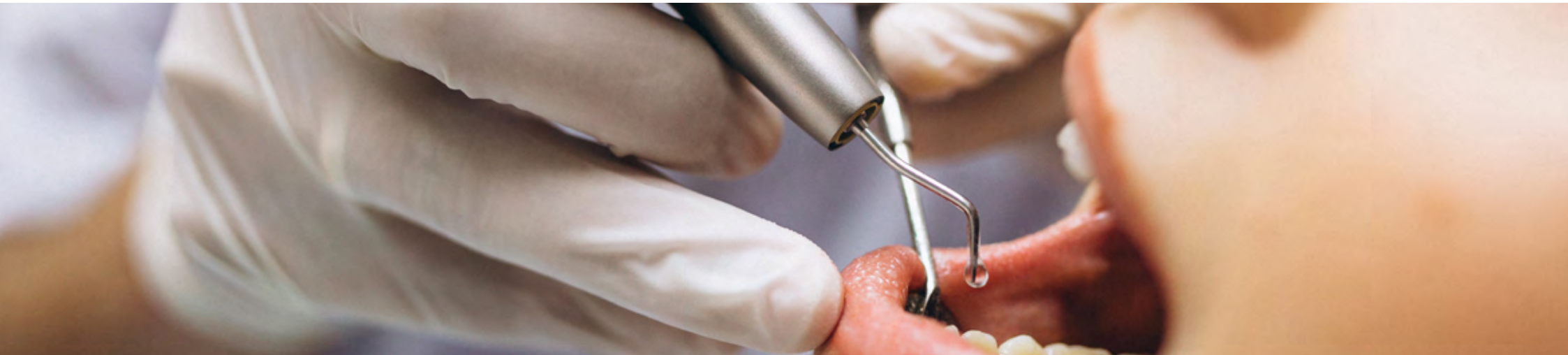
It can be handled primarily with over-the-counter medications. We recommend you take: 400mg ibuprofen AND 1000mg Paracetamol (2 Panado) every 4-6 hours as needed for pain. Take these at the same time. Studies have shown that this works better than taking hydrocodone prescription medication; without the same potential for nausea, dizziness, addiction, etc. 90% of the time this is enough to manage your discomfort.

If it is not, please contact our office and we will discuss other prescription options. If you are given prescription medications related to this treatment please take them as instructed by our office. You may brush your tooth as normal, unless told otherwise by the dentist.

FLARE-UPS

Although about 90% of root canals cause little discomfort after treatment is completed, there are some cases which can cause significant pain. They mostly occur on badly infected/abscessed teeth, teeth that are extremely irritated, or teeth that have a history of prior endodontic treatment (retreatment). Sometimes however, they occur randomly, even on patients that have had successful root canal procedures performed previously without problems.

Every tooth and every situation is different. If you have a flare-up you may experience moderate to severe pain, swelling, bruising, throbbing, and general discomfort, which could last for several days. Please contact our office if you experience any of these symptoms and we will do everything we possibly can to get you some relief. You may be prescribed antibiotics, stronger pain medication, a steroid prescription, and/or you may be asked to come to the office to receive further therapy. Please call if you need us to help.



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