



FAMILY AND SEDATION CARE

Comfort Management Following Dental Procedures

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Tylenol Extra Strength/Ibuprofen Combo

Dispense: Over the Counter

Rx Instructions: Take Together:

1 Tylenol (500mg) and 3 Ibuprofen (200mg each) every 6 hours as needed for pain.

Do Not Exceed 3000mg of Tylenol and 3200mg of Ibuprofen in a 24-hour period.

Your Village Dental Team

Signature of Prescriber

Your dental treatment involved one or more of the following:

- Surgical removal of infected tooth structure
- Removal of infected nerve structure
- Surgical removal of the entire tooth and/or surrounding bone
- Surgical implant placement

It is important to stay ahead of your pain and take prescribed Tylenol/Ibuprofen combination as directed for the first 3-4 days following your procedure.

It is critical before taking Tylenol or Ibuprofen, that you verify that you do not have any allergies or other pre-existing conditions that would prevent you from taking these medications.

Research studies have shown that taking Ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) together work well to reduce pain with few side effects. In fact, even for extreme dental pain, these medications combined work better than opioid pain medications (like Vicodin or Norco).

We may prescribe additional pain medications to be used as a supplement to the Tylenol/Ibuprofen combination. Additional medications are best used for nighttime and any break-through pain. If you are prescribed additional pain medications and feel the need to take them, please take it in place of the Tylenol/Ibuprofen combination and then resume the combination as prescribed.

Other helpful tips to keep you comfortable and help you heal faster following more extensive procedures:

- For gum healing rinse with warm salt water several times per day.
- To minimize inflammation and swelling you can use ice packs for the first 24h.
- Rest as much as possible and avoid strenuous activities.
- Drink lots of water to stay hydrated and consume soft, cool, non-spicy foods.
- Following tooth extractions, it is recommended to add an extra pillow to sleep on, unless you have sleep apnea.

Signature

Date

WHAT TO EXPECT FOLLOWING YOUR DENTAL PROCEDURES

NUMBNESS usually lasts 2-8 hours following your procedure.

TENDERNESS and SORENESS may be present in your gums, cheeks, lips, tongue, facial muscles and jaw joints. This typically subsided after the first week, but may persist for a few weeks. Please refer to our comfort management recommendations for helpful hints.

TOOTH SENSITIVITY to temperature or pressure is normal following deep cleaning, fillings, crowns and root canals. This also gets better with time, but can persist for several weeks following the treatment. Do your best to stay away from the areas where the work was done and take an anti-inflammatory to help with the healing.

TEETH FEELING ROUGH OR BITE FEELING OFF: This is not unusual following fillings and crowns. It may also feel like the food is sticking to your teeth more. This feeling will typically go away in a few weeks as things get "settled".

BLEEDING: If you had teeth removed, or grafts and implants placed you may notice some oozing of blood from the surgical area. A little bit of blood mixed with saliva may look like extensive bleeding. If concerned, bite on some gauze or a tea bag for 15-20 minutes. This will typically reduce the oozing and control the bleeding.

SUTURES: If you had teeth removed, or grafts and implants placed you may have stitches in your gums. Your stitches dissolve away in 5-10 days. Do your best to stay away from the surgical area and keep your tongue from playing with your stitches. Avoid carbonated drinks

PARTICLES OF BONE: If you had grafting done or teeth removed you may notice small bone like fragments in your mouth and around the treatment area. Please do your best to stay away from the grafted site and rinse gently with warm salt water.

Important things to remember: DO's

- Follow recommended comfort management tips
- Avoid the treatment area for up to 4 weeks
- Resume your routine home care
- If prescribed antibiotics and steroids, take as directed
- Be careful flossing around your temporaries
- Refer to our temporary care section if your temporary comes off

Important things to avoid: Don'ts

- Don't forget to stay ahead of your pain
- Don't eat hard, sticky or spicy foods for up to 4 weeks
- Do not spit vigorously following extractions and grafts
- Do not blow your nose if you had upper teeth removed or sinus grafted for 7 days
- Do not delay your crown seat appointment

PLEASE CALL US IF:

- You experience swelling or fever
- You experience pain that is not being managed by tylenol/ibuprofen combination and we did not prescribe additional pain meds
- Your temporary breaks and you are not able to place it back on (this is not an emergency and can wait for 24-48 hours if needed)
- Your bite still feels off after a couple off weeks and/or your tooth sensitivity is getting worse

Call 911 IF:

- You are experiencing difficulty breathing or swallowing
- You experience bleeding that does not subside following 20 minutes of gauze pressure and tea bag pressure

How to care for your temporaries:

Your temporaries are made of plastic (acrylic) and are not strong. The role of temporaries is to keep you from being sensitive, hold the space for your permanent crown, and in the front of your mouth, give you a beautiful smile. If your temporary is off for more than a day or two, your teeth may move and your final crown may not fit. This can lead to additional time and cost of treatment.

The best thing to do is to protect your temporaries from hard and sticky foods that can break it or dislodge it. Avoid chewing on your temporary, if at all possible, and choose softer foods during this time. Keep your gums around your temporaries healthy by brushing and flossing regularly. When flossing, take care not to dislodge your temporary and slide your floss through instead of "popping" it back up. Interdental brushes are excellent for gum care, especially for the multiple, connected temporaries. These brushes can be dipped in Listerine or hydrogen peroxide for added benefit.

If your temporary comes off, and it is intact, you can place it back on using toothpaste or temporary cement you can purchase over the counter in the dental care section of any supermarket. The temporary cement has detailed instructions on how to do this correctly. If your temporary breaks or you are not able to place it back on, please call our office for additional guidance.

Signature

Date