

## COMFORT MANAGEMENT FOLLOWING DENTAL PROCEDURES

### 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 (6 tabs) of Tylenol and 3200mg (16 tabs)  
of Ibuprofen in a 24-hour period.

Treating Doctor



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.

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. If you had teeth removed, wait 3 days to start rinsing
- 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

### PLEASE CALL US IF:

- You experience pain that wakes you up at night
- You have pain to hot or cold that lingers for an extended period of time
- You experience pain that is not being managed with Tylenol/ibuprofen combination
- You experience swelling or fever
- Your temporary breaks and you are not able to place it back on (this is not an emergency and can wait 48-72 hours if needed)
- Your bite still feels off after a couple of days and/or your tooth sensitivity is getting worse
- You experience bleeding that does not subside following 20 minutes of gauze pressure followed by 20 minutes of tea bag pressure

### CALL 911 IF:

- You are experiencing difficulty breathing or swallowing.



## POST-OPERATIVE CARE INSTRUCTIONS



# VERY IMPORTANT INFORMATION

ABOUT YOUR VISIT!

We look forward to helping you receive quality dental care in a relaxed, comfortable, and pain-free manner. If you have questions, please call us at

North Raleigh: (919) 847-0902

Brier Creek: (919) 944-4659

Olde Raleigh: (919) 571-0222

Wake Forest: (919) 373-3520

Please Read Carefully

For further info, visit our website:  
[www.villagedentalraleigh.com](http://www.villagedentalraleigh.com)

## ABOUT YOUR IV SEDATION VISIT

### For 24 hours following DO NOT:

- Drive a car or operate heavy machinery
- Make any important decisions (personal or work related)
- Avoid going up or down stairs
- Avoid heavy lifting
- Sleep with more than 1 pillow under your head
- Carry, sleep next to or care for a young child
- Consume alcohol or any other non-prescribed controlled substances
- Take post-op prescription pain medications unless in the presence of "break-through pain" that is not controlled by the Tylenol/ibuprofen combination

### Recommended:

- Rest and perform calm activities such as reading, listening to music, or watching TV
- Drink plenty of water to rehydrate. This is important to avoid the potential "hang-over" effect of sedation
- Eat small frequent meals and avoid hot, spicy foods and carbonated drinks
- Have someone hold your arm while walking, especially if you must go up or down stairs
- If you have a CPAP, put it on when you get home
- Take your post op medications as prescribed, especially the Tylenol/ibuprofen combination
- If nursing, pump and dump for 24 hours following your appointment
- Resume your normal daily medications regime the following day

## ABOUT YOUR FILLINGS, CROWNS AND ROOT CANALS

### What to expect:

- Numbness usually lasts 2-8 hours following your procedure
- Tenderness and soreness may be present in your gums, cheeks, tongue, facial muscles or jaw joints for up to a few weeks
- Tooth sensitivity to temperature or pressure for up to a few weeks. Following root canals you will not have temperature sensitivity, but may have pressure sensitivity for several months
- Teeth feeling rough or bite filling off: you may notice that the food sticks to your teeth more for a few weeks; this usually get better as things "settle"

### Things to do:

- Follow our comfort management instructions outlined on the next page
- Avoid the area where the treatment was performed as much as possible for the next few weeks
- Resume your normal home care. Keeping your mouth clean will speed up the healing process
- If prescribed antibiotics or any other medications take them as directed
- Refer to our "Please call us if" sheet on the back page for the signs that there may be a problem



## ABOUT YOUR EXTRACTIONS AND IMPLANTS

### What to expect:

- Numbness usually lasts 2-8 hours following your procedure
- Tenderness and soreness may be present in your gums, cheeks, tongue, facial muscles or jaw joints for up to a few weeks
- Bleeding: 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 gauze with pressure for 15-20 minutes, this will typically reduce the oozing and control the bleeding. If the oozing is still present after gauze pressure is applied, moisten a black (Tetley, Nestea) tea bag and bite on it with pressure for another 15-20 minutes
- Sutures: If you have had stitches placed, they will 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. Sutures may come out sooner and that is ok.

### Things to do:

- Follow our comfort management instructions outlined on the next page
- Avoid the area where the surgery was performed as much as possible for the next few weeks
- Resume your normal home care after 24 hours. Keeping your mouth clean will speed up the healing process
- If prescribed antibiotics or any other medications take them as directed
- Do not spit vigorously following extractions and grafts
- Do not blow your nose for 7 days, if you had upper teeth removed or sinus grafted
- Refer to our "Please call us if" sheet on the front page for the signs that there may be a problem



## ABOUT YOUR TEMPORARIES

Your temporaries are made of plastic (acrylic) and are relatively fragile. They are important to help decrease sensitivity and to keep your teeth from shifting.

### How to care for your temporaries:

- Avoid chewing on your temporaries as much as possible, especially hard, sticky, chewy or doughy foods (bagels, pretzels and nuts)
- Don't be afraid to brush your teeth! Keeping your mouth and gums clean and healthy will help with the healing
- When flossing around your new temporaries, please PULL the floss out between your teeth. Do not pop it out. This will prevent your temporary from dislodging
- If you have multiple temporaries please use interdental brushes or waterpik to clean between them. The brushes can be dipped into listerine or hydrogen peroxide for additional antibacterial effect
- Please rinse 2 or 3 times a day with warm salt water to aid in comfort and healing. Mix half a teaspoon of table salt with a Dixie cup of warm water and rinse for 30 seconds. Do this for 3-5 days
- If a special mouth rinse is prescribed use it as directed

### What to do if your temporary comes off:

- If your temporary crown comes off or breaks this is not considered an emergency
- As long as it gets put back on within 72 hours all is well
- If your temporary is intact, toothpaste or over the counter temporary cements can be used to easily re-seat your temporary until you can get back in during business hours to evaluate it. Temporary cements have detailed instructions on how to do this correctly

### IMPORTANT:

Do not delay your crown(s) seating appointment. Delaying cementation off your new crown(s) can lead to your new crown no longer fitting properly. If this happens, you may incur additional charges.

