



**Robert W. Gardner DDS**  
CLINTONVILLE GENERAL DENTISTRY

## Post Treatment Instructions

Please follow the instructions as indicated. **If any abnormal or persistent symptoms are experienced, please contact this office.**

### Extraction

1. Do not rinse mouth today. Tomorrow, rinse mouth gently every 3 to 4 hours (especially after meals) using one quarter teaspoon of salt to a glass of warm water. Continue rinsing for several days. Do NOT smoke for the first 48 hours.
2. Some bleeding is to be expected following extractions. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for one-half hour. Repeat as necessary.
3. An ice bag or a cold, moist cloth should be applied against outside of face around affected area for 5 minutes on and 10 minutes off for one hour.
4. Swelling and stiffness in the affected area is normal and should not cause alarm.
5. Keep tongue and fingers away from socket area.
6. A liquid or soft diet is advisable during the first 24 hours.
7. Use a non-aspirin type pain reliever for mild pain. If any other medication has been prescribed, take as instructed.
8. Small, sharp bone fragments may be felt through the gums during healing. These generally break away or work themselves out, however if they become annoying, they can be removed by this office.

### Periodontal Treatment

1. A liquid or soft diet is advisable during the first 24 hours. Avoid any excessively hard or spicy foods for the first 48 hours.
2. Do not rinse mouth today. Tomorrow, rinse mouth gently every 3 to 4 hours (especially after meals) using one quarter teaspoon of salt to a glass of warm water.
3. An ice bag or a cold, moist cloth should be applied against outside of face around affected area for 5 minutes on and 10 minutes off for one hour if needed.
4. Use a non-aspirin type pain reliever for mild pain, any other medication has been prescribed, take as instructed.
5. Drink plenty of water during the first 24 hours.
6. Do not use floss or other tooth care products until 24 hours after treatment, brushing gently at first.

### Restorations

1. Discomfort may be felt in the area of the treatment procedure for both the temporary and permanent restoration (crown.) Sensitivity to cold and pressure may also occur and is normal.
2. A temporary crown is held on with a non-permanent cement, so that it can be removed and replaced with the permanent restoration. If a temporary crown comes off before your next appointment, place it back on the tooth with toothpaste or denture adhesive (do not eat with it in) and contact our office.
3. Permanent crowns may need a few days of patient acclimation. If the bite is not correctly balanced, contact our office for an adjustment.
4. Brush and floss all restorations normally, keeping edge of the crown clean at the gum.