



8230 Boone Blvd. Suite #320 | www.pritinaikdds.com
Vienna, VA 22182 | 703.288.1800

After Crown and Bridge Appointments

Crowns and bridges usually take two or three appointments to complete. On the first appointment the teeth are prepared. Temporary crowns or bridges are placed to protect the teeth while the custom restoration is being made. After each appointment when anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off.

On rare occasions temporary crowns come off. Call us if this happens, and keep the temporary so we can re-cement it. It is very important for the proper fit of your final restoration that temporaries stay in place.

It's normal to experience some hot, cold, and pressure sensitivity after each appointment. Your gums may be sore for several days. Rinse three times a day with warm salt water (a tsp. Of salt in a cup of warm water, rinse-swish-spit) to reduce pain and swelling. Use medication as directed.

To help keep your temporary in place, avoid eating sticky foods (especially gum), hard foods, and if possible, chew only on the opposite side of your mouth. It's important to continue to brush normally, but floss very carefully and remove the floss from the side to prevent removal of the temporary crown.

If your bite feels uneven, if you have persistent pain, or you have any other questions or concerns, please call our office at 70-288-1800.



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Post-op Instructions - Implant Placement

1. Take pain medication every 4 to 6 hours, for a minimum of one day. Take started her pain medication as needed. Discontinue if comfort subsides.
2. Take antibiotics as prescribed. Finishing prescribed dose.
3. Apply ice to cite 20 minutes on in 10 minutes off.
4. Avoid extremely hot or cold food and beverages
5. Do not create positive pressure in mouth (for example drinking through a straw parentheses)
6. Expect minor bleeding
7. No exercise for 24 hours

Detailed Instructions:

BLEEDING: Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.

SMOKING: Smoking should be stopped following surgery. Healing and success of the implant will be substantially reduced by the cigarette smoke chemicals in your body so please do not smoke

PAIN: Some discomfort is normal after surgery. To minimize pain, Take two Advil, or similar non-aspirin pain reliever every 3 to 4 hours until bedtime to maintain comfort. Take it before the anesthesia wears off. If prescription pain medication is prescribed, take it as instructed on the label. Don't exceed the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.

NAUSEA: This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water.

SWELLING: Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this for the first day.

NUMBNESS: The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. Sometimes the implant procedure causes residual numbness or tingling for six weeks or longer.

BRUSHING: Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth gently, but avoid the area of surgery for 3 days.

RINSING: Avoid all rinsing or swishing for 24 hours after your procedure. After 24 hours you may begin gentle rinsing with a saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water). Avoid commercial mouthrinses. You may be instructed to use a prescription antimicrobial mouthrinse.

DIET: Eat soft foods for the first two days. Maintain a good, balanced diet. Return to normal regular meals as soon as you are able after the first two days. Drink plenty of water. Avoid alcohol for 48 hours.

ACTIVITY: After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.

ANTIBIOTICS: If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.

SINUS: If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might be recommended.

REMOVABLE APPLIANCES, DENTURES: Your dentist will give you specific instructions about your prosthesis. To avoid putting any pressure on the new implants before they have healed, your denture might be adjusted or significantly modified. In certain cases you will need to go without your dentures for a period (days or weeks) after the implants are placed. Sometimes a temporary removable appliance is made for cosmetic purposes, until a new non-removable one can be made.

FOLLOW-UP APPOINTMENTS: You may need to return to the office within the first 14 days to have sutures removed, or just for a brief follow-up healing check. You may need to return after the implant has integrated for a small second procedure to expose it in preparation for the final restoration.

Please call your dentist if you have:

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems

Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.



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POST OP INSTRUCTIONS AFTER COMPOSITE(WHITE) FILLINGS

- Avoid chewing until numbness has completely worn off
- It is normal to experience some temperature and pressure sensitivity after your filling appointment. The sensitivity may last for several weeks. Usually the symptoms will subside over time.
- White fillings on front teeth are vulnerable to fracture, so please avoid biting into hard foods. Cut this food up before eating.
- If your bite feels uneven, please call her office so we can get you scheduled to correct your bite at 703-288-1800.



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POST OP INSTRUCTIONS AFTER SCALING AND ROOT PLANING

- Scaling and root planing is a nonsurgical treatment of periodontal disease. It is performed to remove bacterial plus under the gumline which can cause bone loss.
- After scaling and root planing, avoid eating anything in the area being treated for two hours until the dental anesthetic has worn off.
- Rinse your mouth three times a day with warm salt water rinses to help soothe the area. If you were prescribed Peridex, use as directed
- You may use your normal pain reliever for any tenderness or discomfort
- You may experience some cold sensitivity. If needed, use any desensitizing toothpaste such as Sensodyne or Crest sensitivity. Avoid toothpaste with whitening or baking soda
- If discomfort is persistent contact our office at 703-288-1800.



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POST OP INSTRUCTIONS AFTER ROOT CANAL

- Avoid chewing until numbness has completely worn off.
- The area near your tooth where the root canal was performed, may be sore for 2 to 3 days after treatment. It can actually become more sore on the second day. Tenderness to biting may persist for up to two weeks following treatment they gradually get better over time.
- The gum tissues where the clamp was placed to isolate your tooth, may also be seen bruised. This is normal.
- We recommend 600 mg to 800 mg of Ibuprofen every 4 to 6 hours for 2 to 3 days unless you have an allergy. At this dosage, Ibuprofen has excellent anti-inflammatory properties.
- Generally, your tooth may be closed with a temporary filling after a root canal. This filling can wash away so it is important to come in for the permanent filling in crown ASAP. Avoid eating harder sticky foods especially chewing gum. If possible, chew only on the opposite side of the mouth.
- If antibiotics have been prescribed, it is important to take them for the full length of time as indicated on the prescription.
- If there is swelling or discomfort that is persistent, please contact our office at 703-288-1800.



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DO NOT DISTURB THE AREA: For the next few days, and especially the first 24 hours, it is very important to allow your body to form a good clot and start the natural healing process. Swishing, sucking through a straw, and smoking can all dislodge the clot. Keep anything sharp from entering the wound (crunchy food, toothpicks, eating utensils). Be sure to chew on the opposite side for 24 hours.

BLEEDING: When you leave the office, you might be biting on a gauze pad to control bleeding. Keep slight pressure on this gauze for at least 30 minutes. Don't change it during this time; it needs to remain undisturbed while a clot forms in the extraction socket. After 30 minutes you may remove it. You may bite on another gauze or a tea bag for another 30 minutes if you feel it is still bleeding. Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.

SMOKING: Smoking should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette smoke chemicals in your body. Also the suction created when inhaling cigarettes can dislodge the clot. Smokers are at greater risk of developing a painful Dry Socket.

PAIN: Some discomfort is normal after surgery. To minimize pain, Take two Tylenol, Nuprin, Advil, or similar non-aspirin pain reliever every 3 to 4 hours until bedtime to maintain comfort. Take it before the anesthesia wears off. If prescription pain medication is prescribed, take it as instructed on the label. Don't exceed the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.

NAUSEA: This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water.

SWELLING: Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this for the first day.

NUMBNESS: The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. Sometimes the extraction causes residual numbness or tingling for six weeks or longer.

BRUSHING: Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth gently, but avoid the area of surgery for 3 days.

RINSING: Avoid all rinsing or swishing for 24 hours after extraction. Rinsing can disturb the formation of a healing blood clot which is essential to proper healing. This could cause bleeding and risk of dry socket. After 24 hours you may begin gentle rinsing with a saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water). Avoid commercial mouthrinses.

DIET: Eat soft foods for the first two days. Maintain a good, balanced diet. Return to normal regular meals as soon as you are able after the first two days. Drink plenty of water. Avoid alcohol for 48 hours.

ACTIVITY: After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.

ANTIBIOTICS: If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.

SINUS: If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might be recommended.

For 24 hours after surgery: DO NOT SMOKE, USE STRAWS, SPIT, DRINK CARBONATED BEVERAGES OR ALCOHOLIC BEVERAGES.

FOLLOW-UP APPOINTMENTS: You may need to return to the office to have sutures removed, or just for a brief follow-up healing check.

Please call your dentist if you have at 70-288-1800

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems

Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.



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Post-op Instructions - Gingival Grafting

What to expect:

- **Bleeding:** Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.
- **Pain:** Moderate discomfort may be noticed when the anesthetic first wears off, and may continue for several days.
- **Swelling:** Some swelling and discoloration of the lip and/or cheek may occur and may last for a few days.
- **Sensation:** There may be a temporary loss of feeling in the gums in the operated area. The teeth may also feel loose for a time. The teeth may be sensitive to hot and cold temperatures.

What to do following the surgery:

- After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.
- Take two Tylenol, Nuprin, Advil, or similar non-aspirin pain reliever every 3 to 4 hours until bedtime to maintain comfort. Take it before the anesthesia wears off.
- If pain medication is prescribed, take it as you need it. Don't exceed the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.
- Nausea is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water.
- Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this for the first day.
- Eat soft foods for the first 2 - 4 days. Maintain a good, balanced diet. Drink plenty of water. Do not drink through a straw. Avoid alcohol for 48 hours.
- Avoid chewing directly over the operated area until the sutures are removed.
- Brush all of your teeth after each meal. Avoid the operated area for the first day. Take care to avoid pulling the sutures.
- Do not rinse vigorously; do not use a Waterpik®.
- A saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water) held in your mouth for 2 to 3 minutes every hour may make your mouth more comfortable.
- Avoid lifting the lip with your fingers to look at the area. It is possible to accidentally tear the sutures, open the incision, and delay healing.
- Smoking should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette smoke chemicals in your body.

- If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.
- You may be instructed to use a prescription antimicrobial mouthrinse.
- Return to your dentist's office for removal of the sutures or follow-up checks as directed.

Please call your dentist if you have:

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems

Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.



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Take Home Bleaching Instructions

*Important: Make sure that you've had a dental cleaning within the month prior to beginning your bleaching treatment

Steps

1. Thoroughly brush and floss teeth
2. Apply half size pea pod of bleach in one tooth mold
3. Try on mold with the bleach , if excess bleach was placed in the trays, bleach will express out onto gums and bleach them (If this happens, gums will revert back to normal coloration within 1 to 2 hours)
4. Finish placing bleach in trays for any teeth you want bleached
5. Fit mold onto teeth and leave on for 30 minutes (If teeth become sensitive, bleach every THIRD day and use Sensodyne toothpaste)
6. Avoid smoking or anything dark for 24 hours like red wine, ketchup, soy sauce, dark soda, etc.

*Remember, only your natural teeth structure will bleach. Nothing artificial like fillings and crown will bleach.

More Questions? Call us! 703-288-1800



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An infection (abscess) of a tooth or the gums can start out small, but can quickly become quite severe, even requiring hospitalization, if not attended to properly.

Be sure to follow these instructions faithfully. The success of fighting the infection is dependant largely on how closely you follow them. If you have any questions or problems, call your dentist.

- If antibiotics are prescribed, start taking them immediately. Take them exactly as it says on the label. Finish *all* the pills even if you feel better before they are gone.
- If pain medication is prescribed, take it as you need it. Don't exceed the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions.
- Avoid pain medications with aspirin. Nuprin or Advil are good alternatives.
- Use warm saltwater "holds". Mix 1 teaspoon salt in a glass of warm water. Take a mouthful and pouch it in your cheek over the infection area until the water cools; repeat until the water is gone. Doing this every hour helps pull the infection towards the surface of the gums so it can drain. Doing this at the same time as using the cold packs outside of mouth enhances the effect.
- Use cold packs on face over the infected area. Place on face for 15-20 minutes, then leave off for 15-20 minutes.
- *DO NOT* use heating pads on outside of face. This can cause the infection to worsen and spread further.
- Maintain a good, balanced diet, and get plenty of rest. Your body needs extra energy when fighting infections. You may need to eat softer foods.
- Avoid smoking until the infection has subsided. If you must smoke, keep it to an absolute minimum.

Even when following these instructions, it may take at least 24 hours for the infection and discomfort to stop increasing. If you don't get significant improvement within 48 hours, or if it continues to get worse after 24 hours, call your dentist.