

COMPREHENSIVE TREATMENT POST OPERATIVE INSTRUCTIONS

It is our intention that you have a successful recovery from your comprehensive dental treatment appointment. The following instructions are provided for your reference. If you should have any questions or concerns that cannot be answered in this information, please contact the numbers below.

SEDATION: If you had sedation as part of your care today please refer to the sedation information sheet we provided prior to today's appointment. Remember to drink lots of fluids following your sedation appointment!

DISCOMFORT: It is expected that you may have some discomfort following your appointment. Please take the pain medication as it has been prescribed. It is important to take pain medication early rather than after the discomfort has become intolerable.

- ☐ Toradol - please take one tablet before the freezing comes out. Take one tablet every 6-8 hours for pain.
- ☐ Tylenol #3 - please take 1-2 tablets before the freezing comes out. Take one tablet every 4 hours as required for pain.

SWELLING: It is expected that you may experience some swelling and /or bruising. Sleep with your head slightly elevated. Ice packs can be used in the areas for 10 mins. on and 10 mins. off.

- ☐ You have been given a small yellow envelope containing the anti-inflammatory medication Dexamethasone. Please take the medication as the envelope indicates. Swelling hurts, so if we can minimize it, your healing will be more comfortable.

TEMPORARIES: You may have temporary crowns/restorations in place. You will **not be able** to floss between them. They are designed to be joined together for stabilization. Drinking hot or cold liquids causes the temporary material to contract giving you a shrinking sensation on the teeth. This is normal, but temporary. Please keep the temporary restorations as clean as possible during the next few weeks as this will facilitate a better result in your permanent. Your permanent restorations will not be joined together.

BITE: If your bite feels off please call the office to schedule a bite adjustment. It is important to have the bite correct to allow for healing of the tooth/teeth involved.

SURGERY: If you have had surgery as part of your comprehensive treatment, please refer to the surgery information sheet for specific instructions. Please remember to eat a healthy diet to facilitate your body's natural healing. (eg. soups, yogurt, smoothies, mashed potatoes, eggs.)

GUM TISSUE: Your gum tissues may have been contoured as part of your care. They will have a brown color on the day of your appointment and will turn to white/grey as they heal over the next few days to weeks. Brush as gently as possible for the first few days and also rinse with warm salt water 2-3 times per day to aid in their healing.

YOUR NEW SMILE: Wow! If you have had your smile enhanced as part of your comprehensive treatment, you may be excited and also overwhelmed. This is normal. The temporaries are designed as a template for your permanent restorations. We will be seeing you in the next couple of days to adjust the bite and shape of the temporaries. We adjust the temporaries slightly on the day of your treatment but we are limited as the freezing does not allow for ideal aesthetics or bite adjustments. We will also be discussing the shade and shape of your final restorations with you at your follow up appointment.

If you have any questions or concern regarding your care please contact the numbers provided below.

Office: 604-826-8087
Dr. Kesteven's Home: 604 826-0870
Mission Hospital: 604-826- 6261 (If an emergency)