

LAKE FOREST

· DENTAL ARTS ·

James F. Fondriest, DDS

560 Oakwood Avenue

Lake Forest, Illinois 60045

(847) 234-0517

(847) 234-0516 Fax

fondriestdental@gmail.com

www.lakeforestdentalarts.com

Post Operative Instructions After Your Smile Design Procedure

You have been through a difficult treatment appointment. The following information has been prepared to help you with post-operative situations.

Soft Tissues

Because your gum tissues were put through a considerable period of dryness, they can be sore, swollen or even discolored for 1-3 days. If soreness continues or worsens please notify us of your symptoms. Antibiotics may be necessary, if we determine that normal oral bacteria have caused an opportunistic infection. You may have been given a mouth rinse or irrigation device to help soothe your gum tissues. Use as directed. Warm, saltwater rinses throughout the day can also help.

Temporaries

To protect your prepared teeth and give us a three-dimensional laboratory communication tool, we have fabricated temporaries for you to wear. Usually, they are one solid piece of acrylic, modeled after the diagnostic wax-up. We will be altering them as needed at your next visit. In general, the acrylic temporaries can feel rough. Since the temporary is one piece, your teeth will feel "shrink wrapped" beneath them. Biting and chewing will feel different. Please restrict your diet to easier, softer foods. Refrain from tough bagels; hard, crunchy foods like granola bars; and sticky foods that could pull off the temporaries.

Oral Hygiene

Please continue excellent oral hygiene through gentle, thorough brushing. You may floss your natural teeth, however do not floss around your temporaries, you could dislodge them.

Phonetics

Speaking certain sounds clearly may take an adjustment period of a few days. Do not despair, this is a temporary situation.

Pain Control

For relief of pain we generally recommend the prescription dose of Ibuprofen. If you can take Ibuprofen, administer 600mg every 4 hours as needed for pain. If something stronger is needed, please call us. The first 30-60 minutes after the local anesthetic is wearing off is the worst time. After that initial period the intensity of the discomfort subsides, however for efficient pain management, it is best to have a pain reliever in your system before the local anesthetic wears off.

Please be sure to write down any comments or questions so we can discuss them at your next visit.