

Manteca Dental Care

| Rick Van Tran, DDS |

Home Care Instructions After Root Canal Therapy

- Use **SALT WATER** rinses after meals and apply **HEAT** to the cheek near the treated area for 2 days after treatment.
- **EATING** should be limited to the side of the mouth opposite the treated tooth. Keep the area clean by brushing after meals.
- **SORENESS** is not unusual for several days after treatment. Pain medication may be necessary for the first 6-12 hours.
- When we restore your treated tooth, please tell us if the new crown or filling feels "too high" or "different" when you bite down. You should not even be "aware" that the crown touches before the other teeth come in contact. A correct bite can save you unnecessary persistent pain, and even protect you from losing the tooth. It is YOUR responsibility to inform us!
- After final restoration of your tooth, don't be surprised if you experience symptoms during the healing process. Each treated tooth responds differently. Some will have no symptoms while others may experience symptoms that will disappear with time. **BE PATIENT** with the healing process. It takes approximately one year for complete healing.

Home Care Instructions for Crowns and/or Bridges

- **APPOINTMENTS.** Crown and bridges usually take 2 or 3 appointments to complete. On the first appointment, the tooth/teeth are prepared and impressions are taken. A temporary crown is then placed on your tooth/teeth until the permanent one can be seated. On the second appointment, the permanent crown will be cemented. If the crown does not meet Dr. Tran's or your expectations, the crown will not be cemented. Dr. Tran will take another impression to send back to the lab resulting in another appointment for seating.
- **SENSITIVITY.** You may experience sensitivity, gum soreness and slight discomfort on the tooth/teeth and it should subside after the placement of the permanent crown.
- **ANESTHESIA.** Whenever anesthesia is used, avoid chewing on your teeth or cheek until the numbness has worn off.
- **CEMENTATION.** After the permanent restoration is placed you may feel slight pressure for a few days. Also, the bite may feel different for a day or two. But if the bite feels uneven or you feel discomfort on chewing on the tooth after 2-3 days call our office. Delaying the necessary adjustments may damage the tooth permanently.
- **BRUSHING & CHEWING.** Once the crown is cemented, allow the cement to set for at least 12 hours before engaging in any rigorous chewing. Brush and floss as normal.

Home Care Instructions for Temporary Crowns

- Temporary crowns or bridges are placed to protect the teeth while the custom restoration is being made. Since the teeth will be anesthetized, the tongue, lips, and roof of the mouth may be numb. Please avoid eating or drinking until the numbness has completely worn off.
- It is normal to experience some temperature and pressure sensitivity after each appointment. The sensitivity should subside a few weeks after the placement of the final restoration. OTC medications such as Advil or Tylenol may be taken.
- **Avoid chewing anything hard or sticky**, such as hard breads, sticky or hard candy, popcorn, gum, nuts, chips, etc. If possible, avoid chewing on the side with the temporaries. To prevent pulling the temporary off, avoid flossing on the side with the temporary, but do brush carefully and thoroughly. If you must floss, do so carefully. Don't pull up on the floss, which may dislodge the temporary, but pull the floss out from the side of the temporary.
- It is important that the temporary crown/bridge stay in place until the permanent crown(s) is/are inserted. If the temporary becomes dislodged, feels uncomfortable, cracks or breaks, do not be alarmed! Also, do not attempt to "glue" the temporary back in yourself or "go without it" as the teeth may become sensitive/shift slightly, preventing proper insertion of the permanent crown. Just give us a call and we will see you as soon as possible to fix it!

If you have any questions, concerns, pain, or discomfort, please do not hesitate to contact our office!

521 East Center Street · Manteca, CA 95336
(209) 823-9218 (office) · (209) 823-1134 (fax)
www.mantecadentistry.com