

**Barth Family Dentistry,
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**Post- Operative Care for Children and Adults after:
Crown Preps, Bridge Preps, Fillings, Root Canals and Deep Cleanings**

- A). NUMBNESS: For several hours after a dental procedure your cheeks, tongue, lips will be numb!**
1. **DO NOT** bite/chew on your cheeks, tongue and/or lips while you are numb. While numb you cannot feel these areas and may cause damage to your the cheeks, tongue and lips by biting them.
 2. To minimize the possibility of chewing on their cheeks, tongue and/or lips – **DO NOT** eat for several hours until the numbing effects are completely gone!
- B). IRRITIATED GUMS: After dental procedures, the gums may be irritated for several days and may even bleed slightly when brushing and/or flossing (this is to be expected and is normal)!!**
1. Continue brushing and flossing as normal but (gently), as clean gums will heal faster and stay healthy.
 2. Salt water rinses 2 to 3 times a day will help the gums to heal.
 3. You may take Motrin, Aleve or Advil (ibuprofen) 600mg every 6 hours as needed for discomfort.
 - a. If you medically can't take ibuprofen per your medical doctor, you may take Tylenol as needed for discomfort per your medical doctor's approval. Follow dosage instructions on the bottle!
 - b. **DO NOT** take Ibuprofen or Tylenol if your medical doctor has told you not to take these medications or if you are already taking a medication that contains Ibuprofen or Tylenol.
- C). YOUR BITE AFTER DENTAL TREATMENT:**
1. Due to the numbing effect of the anesthetic, it is difficult for you to find your normal bite during or immediately after a dental procedure.
 2. Thus, once the numbing has worn off and you can feel your bite more accurately. Pay very close attention to your bite. Does your bite feel "off"? Does it feel like one tooth is hitting/biting before all your other teeth? Does that tooth feel "high" in your bite? If so call for a 5 minute appointment so your bite may be adjusted. (You will not have to get numb for a simple adjustment on a recent filling)!
 3. Failure to have your bite adjusted may cause tenderness or pain when biting, eating or drinking and may even cause fracture to that tooth. Thus it is important to have the tooth/filling adjusted.