

CHESAPEAKE Dental Arts

www.ChesDentalArts.com

1509 Ritchie Hwy · Arnold, MD 21012 · (410) 757-6200

Post Op Instructions for Fillings

What should I expect?

Every tooth is unique in the way it responds after being drilled on. You may feel sensitivity in one tooth and nothing in another tooth that was worked on during the same procedure. Both reactions are normal. If you are experiencing sensitivity, this can last anywhere from a few days to a few months.

Sometimes patients will also experience jaw sensitivity from the injections or from holding your mouth open for an extended period of time. If you have TMJ issues, it is helpful to take over-the-counter Ibuprofen a few days prior to your appointment.

When should I be concerned?

- If you are experiencing sensitivity from biting/chewing. This is usually indicative that your bite is too high on your filling.
 - If you are biting too high on a filling, you will experience a pain similar to biting on an olive pit. If you continue to bite high on a filling, this can lead to temperature sensitivity over time.
 - If you think your bite is too high, please give our office a call to schedule a quick appointment to adjust your bite.
- If your tooth wakes you up in the middle of the night.
- If your tooth hurts unprovoked.
- If you drink something cold and experience a pain that lingers and is intense.
 - Cold may be uncomfortable, but if the pain is mild or goes away after a few seconds, your nerve likely needs time to calm down.

If you are not sure if what you are experiencing is normal, please call our office. We will have one of our dental assistants return your call to answer any questions or schedule a follow-up visit if necessary.

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Post Op Instructions for Temporary Crowns

What should I expect?

Depending on the individual need of each tooth, sometimes there is a core buildup placed prior to preparing the tooth for a crown. A core buildup is very similar to a filling, and therefore produces similar post-op symptoms. It is normal to experience mild sensitivity after a tooth has been drilled on. If you are experiencing sensitivity, this can last anywhere from a few days to a few months.

At the end of your initial appointment, there will be a temporary crown placed on the tooth. The material used to fabricate temporary crowns is sometimes flexible and not sealed as well as the lab-made permanent crown. Because of this, it is normal to experience some sensitivity while you are in the temporary. The temporary crowns are cemented with temporary cement and can sometimes come out. If this occurs, please call our office to schedule an appointment to have the temporary re-cemented. It is important to not have the temporary crown off of the tooth for more than a few days to avoid any sensitivity or the adjacent teeth shifting, causing the permanent crown to not fit. To avoid this, we advise avoiding any sticky/chewy foods and flossing between the temporary crown and the adjacent teeth. If you use a Waterpik, it is okay to be used with the temporary on a low setting.

Sometimes patients will also experience jaw sensitivity from the injections or from holding your mouth open for an extended period of time. If you have TMJ issues, it is helpful to take over-the-counter Ibuprofen a few days prior to your appointment.

When should I be concerned?

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Post-Op Instructions for Permanent Crowns

A few weeks after your initial appointment, we will schedule you for a second appointment to have your permanent crown inserted. Normally, this appointment is much quicker than the initial appointment and will typically not require any numbing for the procedure.

After the permanent crown is cemented, the doctor will remove cement from around the margins of the crown and from between the adjacent teeth. Sometimes you may experience some sensitivity in your gums from this. If so, you can use warm salt water rinses 24 hours after the procedure to help alleviate some of the discomfort.

We request that you avoid eating or drinking anything for at least 30 minutes after your appointment to allow the cement to fully harden.