

POST OPERATIVE INSTRUCTIONS FOR LANAP

1. You may have some slight discomfort when the anesthesia wears off, but you are to expect no appreciable pain from the operation that was just performed. Any discomfort will be controlled with aspirin, Tylenol, Advil or your prescription.
2. Apply ice packs to face, only if directed, 10 minutes on, 10 minutes off, for the first twenty-four hours. Some swelling may occur.
3. You may follow your normal activities, but avoid excessive exertion for 2 days.
4. Brush and floss as usual, but do not brush or floss the area that received surgery for the week. Use the mouthwash recommended/prescribed to control the bacteria. Let the mouthwash sit, do not rinse vigorously for the first week following the surgery.
5. Do not eat on the side that received surgery for the first 3 weeks. Please limit yourself to a semi-cold diet for the first 24 hours. Soft foods for the first 3 weeks are important for healing. Do not drink from a straw. No foods with seeds, nuts, popcorn etc. for a month.
6. Please use the prescriptions as indicated. If there are any complications or questions, please call the office. If after office hours, please call Dr. Saltz at (603) 930-5794 or Dr. Wilson at (303) 913-6462.

POST OPERATIVE INSTRUCTIONS

1. You may have a slight discomfort when the anesthesia wears off, but you are to expect no appreciable pain from the operation that was just performed. Any discomfort will be controlled with aspirin, Tylenol, Advil or your prescription.
2. The material around your teeth is a periodontal dressing and it should not be disturbed. Do not brush or eat on that side for the week. It should be allowed to stay in place as long as possible, but frequently pieces will chip off. When pieces do chip off, nothing need be done if you are comfortable.
3. Apply ice packs to face, only if directed, 10 minutes on, 10 minutes off, for a period of forty-eight hours. Some swelling may occur. It may take three or four days for it to subside.
4. You may follow your normal activities, but avoid excessive exertion for 5-7 days.
5. There may be bloodstains in your saliva during the first 24 hours. This is not unusual and will correct itself. If there is any bleeding beyond this, take a piece of wet gauze or a tea bag, form it in the shape of a "U", hold it with your thumb and first finger, and apply pressure to both sides of the dressing for 20 minutes. Do not remove it to look at it. The pressure will stop the bleeding. If you need assistance, call the office or Dr. Saltz.
6. Brush and floss as usual, but do not brush the teeth where the dressing is. Use the mouthwash prescribed to control the bacteria / sensitivity. Let the mouthwash sit, do not rinse vigorously for the week starting the day of surgery
7. Try not to eat on the side with the dressing. Please limit yourself to a soft semi-cold diet for the first 24 hours and then rather soft foods for the first several days. Do not drink with a straw. No foods with small seeds, nuts, popcorn etc. for the week.
8. Please use the prescriptions as indicated. If there are any complications or questions, please call the office or after hours, Dr. Saltz at (603) 930-5794 or Dr. Wilson at (303) 913-6462.

JEFFREY IAN SALTZ, D.D.S. • KATHERINE DUNN WILSON, D.M.D.

PERIODONTICS DENTAL IMPLANTS MICRO SURGERY LASER SURGERY (LANAP/LAPIP)

POST OPERATIVE INSTRUCTIONS

Sinus Augmentation

You have just undergone a surgical procedure, and, as such, there are certain precautions which should be observed.

- (1) Once you have returned home, place ice on the outside of your face, where the surgery has been performed, intermittently for 3 hours (ten minutes on and ten off). This is to help prevent swelling. If swelling does occur, after 36 hours switch to moist heat, as the ice will no longer be effective.
- (2) You may have some slight discomfort when the anesthesia wears off, the pain medication you have been given should be taken when needed. DO NOT take aspirin, as it may promote bleeding.
- (3) DO NOT BLOW YOUR NOSE until sutures are removed by Dr. Saltz or Dr. Wilson. If necessary you may wipe your nose.
- (4) DO NOT use any type of antihistamine. You may use decongestant, if necessary.
- (5) DO NOT RINSE vigorously for the first week, as this might cause bleeding. You may use the mouthwash prescribed to control the bacteria.
- (6) DO NOT DRINK THROUGH A STRAW, as this will dislodge the blood clots and may cause bleeding.
- (7) You may follow your normal activities, but AVOID excessive exertion for 3 to 4 days.
- (8) There may be blood in your saliva during the first 24 hours. This is not unusual and will correct itself. If there is any bleeding beyond this, take a piece of wet gauze or a tea bag with cold water (plain tea like red rose, lipton, etc.) and Place it over the area bleeding, bite on the tea bag for 5 minutes. If this slows the bleeding, but does not stop it, repeat the procedure. If bleeding persists, call the office.
- (9) If you have been given an antibiotic, you should take it until gone. Stop only if you have any allergy, rash or diarrhea. Stop taking immediately and call Dr. Saltz or Dr. Wilson and your physician.
- (10) Should you notice any discomfort occurring after a few days, which is increasing, and of an aching or throbbing nature call the office. This is usually due to tension from the sutures, and removing them will relieve the problem.

REMEMBER....If you have a problem or question, call the office, or Dr. Saltz at 603-930-5794 or Dr. Wilson at 303-913-6462.

What to Expect following Crown Lengthening

As you have been informed, the goal of crown lengthening is to expose adequate tooth structure for repair. Margins of restorations (crowns) should not be placed into the tissue and near the underlying bone or an infection will develop. This will lead to periodontal (gum) disease with subsequent bone loss, bad breath, soreness, bleeding and an ill fitting restoration leading to decay, etc.

When crown lengthening is performed, gum tissue, bone and tooth may be reshaped. This will provide for adequate length and healthy tooth structure for repair. If your dentist cannot see healthy tooth structure, your tooth cannot be restored properly.

This surgical procedure will lengthen your tooth. The tooth may be more sensitive to cold and perhaps hot foods. This is usually temporary and diminishes quickly. The gum tissue around your tooth may be lower, including the tissue between your teeth. This may cause food to trap between your teeth in this area. You will be taught how to properly clean this region of your mouth. Most importantly, this area can be restored properly by your dentist and it will be much healthier.

If you have a temporary crown, the temporary may not fit as well following surgery and can come loose. It can be recemented easily and is only a temporary problem. Crown lengthening will add surface area to the tooth so that the final crown will stay on. Please call our office or your dentist to have it recemented. If left off for more than a few days, your teeth may move.

Remember that crown lengthening is an important part of restorative dentistry. It is a common procedure, which is most often very comfortable following surgery. Our goal is to help keep your mouth healthy by providing sound tooth structure for your dentist to repair. This will optimize your comfort and function so you can smile, eat and speak with confidence.