

# **BONDED WHITE RESTORATIONS**

## **POST-OP INSTRUCTIONS**

CONGRATULATIONS!!! Dr. Gulde has placed your bonded white restoration, but it is important that you understand that you're only half way there. The success of your surgery is completely dependant on the post care you provide the implant area. It is absolutely imperative that you follow these post-op instructions to assure that you have the best results possible. If you have any questions or comments, please be sure to ask before your procedure.

### **CHEWING & EATING**

- Because we used anesthetic during the procedure, please avoid chewing until the numbness has worn off completely.
- To prevent staining your resin fillings, avoid foods and drinks that can discolor teeth, such as berries, chocolate, coffee, tea, soda, and red wine.

### **BRUSHING & FLOSSING**

- Brush and floss normally. If your teeth are sensitive to hot, cold, or pressure, use desensitizing toothpaste. If sensitivity increases or persists beyond a few days, call us.

### **DISCOMFORT**

- Depending on the proximity to the nerve that the decay had reached, each patient will have a different level of discomfort for each restoration. There is a direct relationship between the severity of the cavity and the level of post operative discomfort.

### **WHEN TO CALL US**

- Call our office if your bite feels uneven, you have sensitivity or discomfort that increases or continues beyond three or four days, or if you have any questions or concerns.

**You may reach us during normal business hours at 352.602.4235, or if you have an emergency when our offices are closed, please contact our after-hours emergency line at 407.399.9840.**