



# Cambridge Dental Hub



Love Your Smile 1 Brooke House, Kingsley Walk, Newmarket Road, Cambridge, CB5 8TJ Love Your Smile

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## Post-Op Instructions: after receiving a Dressing

If you have received this sheet, it is because you had one or more dressings done today.

Here are some instructions to make sure you take care of yourself properly.

1. Dressings are provided rather than a filling because the health of the pulp (nerve) is very poor. Sometimes the nerve may not survive and the tooth may need to be root treated or extracted. It is delicate balancing act to decide if it is worth trying to save a tooth and we have decided that in your case it is worth it.
2. In the event that the pain continues we may have to change your treatment plan.
3. If your tooth was numbed, please be careful not to eat anything until that numbness wears away. You can do damage to your teeth, lips, tongue, or gums that you are not aware of while the teeth and gums are numb.
4. If you are a parent receiving this after a child had a dressing done, please watch them very closely as kids are prone to biting their lips and tongue while they are numb.
5. When your numbness wears off, take it easy at first, but you can eat regular foods immediately.
6. The dressing requires some time to set to maximum hardness. You should favor soft foods until 24 hours from the time of your appointment.
7. It is quite normal for the gums around your tooth to be sore, for the area where you received an injection to be sore, and for your tooth to be sore for a short while. This should resolve itself within about 72 hours.
8. We check the bite (how your teeth come together) on the filling VERY closely while you are here at the office.
9. Occasionally, for various reasons, the bite on your feeling may feel high, tall, or that the filled tooth is hitting before the other teeth. If in the event your tooth feels like this, it would be good for you to give us a call and have the filling adjusted to fit your bite.
10. If you have any concerns whatsoever then please contact the surgery ASAP.

Please remember that a dressing is not permanent and is only until we do a permanent restoration. It is very important therefore to make sure you continue with your treatment.

Please remember that there is any pain after this treatment then you must return to see the dentist ASAP. It may mean that we need to consider other options including Root canal, Extraction etc. Delaying can complicate the outcome.

Emergency visits can be arranged by calling the practice, and we can normally give you a same day appointment.



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**REMEMBER if you have an emergency and you can't contact us and it involves**

**Swelling effecting the throat, tongue or airway;**

**Blockage effecting the throat, tongue or airway;**

**Rashes anywhere on your body after treatment**

**Rashes anywhere on your body after taking medication**

**Severe pain**

**Bleeding that does not stop with pressure**

**Bleeding that continues for more than 2 hours after treatment**

**Bleeding that worries YOU**

**Then call 111 or GO TO CASUSLTU STRAIGHT AWAY**