



COMPLETE HEALTH DENTISTRY OF COLUMBUS

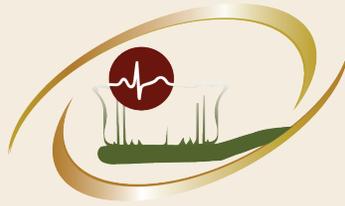
Barbara L. McClatchie, D.D.S.

55 Caren Ave., Suite 370 • Worthington, OH 43085
Phone: 614.885.3602 • Fax: 614.885.6085 • www.mcclatchiedds.com

CARE OF MOUTH AFTER EXTRACTION

1. **DO NOT RINSE MOUTH TODAY.** Tomorrow rinse mouth gently every three to four hours (especially after meals) using one-quarter teaspoon of salt to a glass of warm water. Continue rinses for several days.
2. **BLEEDING.** Following extractions some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for one-half hour. Repeat if necessary.
3. **SWELLING.** Ice bag or chopped ice wrapped in a towel should be applied to operated area - one-half hour on and one-half hour off for four to five hours.
4. **PAIN.** For mild to severe pain use any non aspirin-type medication you like.
5. **FOOD.** Light diet is advisable during the first 24 hours.
6. **BONY EDGES.** Small sharp bone fragments may work up through the gums during healing. These are not roots, if annoying return to this office for their simple removal.
7. If any unusual symptoms occur, call the office at once.
8. The proper care following oral surgical procedures will hasten recovery and prevent complications.

Dr. McClatchie: (614) 530-9784



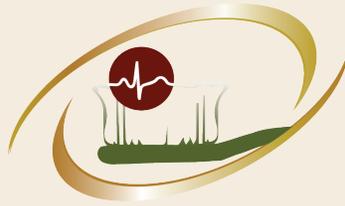
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SPLINT THERAPY INSTRUCTIONS

1. For the first two to .three days you will have a war between your tongue and the splint. After a short period of time, you will be able to speak more clearly and will become adjusted to the splint.
2. Discipline to wear the splint is very important. The more you wear it the quicker the results will be.
3. Run your tongue along the borders of the splint and check for rough areas.
4. Keep the splint in your container. Pets would love to have something to chew on.
5. Brush the splint with your toothbrush and toothpaste to keep it clean.
6. If you have any questions on the length and time you are to wear the splint, ask.
7. Take the splint out to brush and eat.
8. VERY IMPORTANT ... do not miss your appointment please. It is critical that you are being monitored during therapy.
9. You will notice that after wearing the splint, allowing the mandible (your lower jaw) to slide backward, your teeth will not fit together as they did before.
10. Let us know if you begin to have any discomfort in the joint region.
11. You may have become more aware of clicks or pops in your joint.
12. The splint may not get rid of headaches if you are still clenching and bruxing.
13. Do not get impatient. It takes five to seven days for enzymes to break down lactic acid in your muscles, which allows the pain to go away.
14. Sleeping habits - Do not sleep on the side that is affected.
15. Do not chew on the opposite side. Chew on the side that is affected.
16. Let us know if any pain or discomfort occurs in joint while wearing the splint.
17. We cannot give you any guarantees on joint therapy, but we want to help you with your problem.
18. It usually takes about three or four appointments before we stabilize your bite. Some people will need more adjustments than others.
19. Splint therapy usually takes three to four months. It varies from patient to patient.
20. Do not ever go more than six months without having your splint monitored.
21. Stay away from tough meals; cut them into little pieces before chewing. Stay away from hard raw vegetables such as carrots; slice them very thin before chewing. Above all, stay away from CHEWEY CANDIES AND CHEWING GUM.



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ZOOM WHITENING

Thank you and congratulations for choosing ZOOM WHITENING in our office. We are proud to be a part of your journey towards a brighter and more confident smile. Listed below are some tips to ensure the best results while providing comfort during and after your visit.

Before the Appointment

- Take a 600 mg Ibuprofen (Advil) one hour prior to your appointment taken with food.
- Use a high concentrated fluoride toothpaste or Sensodyne preferably 2 times a day for 14 days prior to the appointment.
- Bring any existing whitening trays that you already have or we will make one for you.
- Bring any audio equipment you would like to use during the procedure.
Movements will be restricted due to the light attachment with the mouth piece.
- Patients with a known history of hypersensitivity may require a 10-30 minute fluoride treatment using the trays with ACP Relief fluoride gel provided prior to the whitening procedure.
- Our knowledgeable staff will go over the procedure with you and would be happy to assist with your needs.

Patient Instructions Following Scaling and Root Planing

Approximately 3 days following scaling and root planing, you can expect to notice less redness, less bleeding and reduced swelling of your gum tissue. Your mouth will feel better and taste better too. Your gum health can be maintained with professional follow-up care as well as proper homecare as discussed with you today.

Discomfort/Sensitivity:

You may experience some discomfort over the next 24 hours but the soreness should subside within a few days. You may feel a slight throb or ache in the area that was root planed. Ibuprofen (Advil) should be taken as recommended to reduce discomfort. If you notice any sensitivity to temperature or sweets, the use of desensitizing toothpaste is recommended. Sensodyne or Crest Sensitivity toothpastes will help relieve these symptoms over time. If these symptoms persist we may prescribe a fluoride paste to help desensitize these areas.

Appearance:

As the gums heal, they may change their shape around the teeth. This is normal as the tissues heal and tighten. You should notice less redness and minimal bleeding when you brush and floss.

Oral Health:

If your gum tissues are tender, brush your teeth gently with a soft toothbrush – go slow with small circular massaging strokes. After treatment, we recommend warm salt-water rinses for the first 24 hours and then rinse with Listerine twice a day. By the third day or so, normal oral hygiene techniques may be used.

Diet/Eating:

If extensive root planing was performed, chewing hard foods such as meat or raw vegetables may be uncomfortable. This discomfort should last only a few days. A diet of softer consistency is advised until chewing becomes more comfortable.

Special Instructions:

If symptoms are severe and persistent, please feel free to phone our office immediately at (614) 885-3602, during working hours.

The dental hygienist you saw today was:

She may be reached after regular business hours at: