

Oasis Dental Team Post-Op Care Guide

Scaling and Root Planing

After scaling and root planing, mild soreness for a day or two, tooth sensitivity for up to a week, and some gum tenderness or light bleeding can be normal. Good home care is important for healing, and your dentist may also recommend a rinse or medication to reduce infection risk and discomfort.

- Wait until the numbness wears off before eating so you do not bite your cheek, lip, or tongue.
- Eat softer foods for the rest of the day and avoid very hot, spicy, crunchy, or seeded foods if the area feels tender.
- Brush gently with a soft toothbrush and clean between your teeth carefully; keeping the area clean helps healing and helps prevent gum disease from returning.
- Warm salt-water rinses may help soothe the gums if your dentist recommends them.
- Avoid tobacco while healing, since it can delay recovery.
- Call the office if bleeding seems excessive, swelling increases significantly, or discomfort is not improving.

Extractions

After an extraction, protecting the blood clot is the most important part of healing. Mild bleeding or oozing, swelling, and soreness are common early on, but rinsing, spitting, smoking, or suction from straws can disturb the socket and delay healing.

- Bite on gauze as directed to help control bleeding; if oozing continues, replace it with fresh gauze and bite firmly again.
- Do not rinse, spit forcefully, drink through a straw, or smoke during the first 24 hours.
- Use an ice pack on the outside of the face in short intervals during the first day to help reduce swelling.
- Rest the day of treatment and avoid strenuous activity for several days, especially if bleeding or swelling increases with activity.
- Eat soft, cool foods at first and avoid hard, crunchy, spicy, or small-particle foods that can get into the site.
- Starting the next day, gently rinse with warm salt water after meals if instructed by your dentist.
- Contact the office if bleeding is heavy and does not slow, pain gets worse instead of better, swelling becomes severe, or you develop fever or trouble swallowing.

Oral Surgeries

For dental surgeries such as surgical extractions, grafting, implant-related procedures, or other soft-tissue or bone procedures, the healing principles are similar to extraction care but often require closer attention to swelling control, medication use, and activity limits. Cold compresses, soft foods, careful hygiene, and avoiding irritation to the site are common parts of recovery.

- Take all prescribed medications exactly as directed, including pain medicine, antibiotics, or special rinses if prescribed.
- Keep fingers, tongue, and toothbrushes away from the surgical site unless your dentist specifically tells you otherwise.
- Use ice packs during the first 24 to 48 hours, then switch to warm compresses later if jaw stiffness develops and your doctor recommends it.
- Sleep with your head elevated the first night if swelling is expected.
- Avoid heavy lifting, exercise, smoking, alcohol, and vigorous rinsing during early healing because they can increase bleeding and delay recovery.
- Stick with soft foods and plenty of fluids, but avoid straws.
- Call right away for uncontrolled bleeding, worsening swelling after the first few days, foul taste or drainage, fever, or severe pain not relieved by medication.

Crowns and Bridges

After a crown or bridge appointment, it is common to have temporary sensitivity, especially to temperature or biting pressure, particularly if a temporary crown or temporary bridge is in place. The tooth and surrounding gum tissue may feel mildly irritated for a few days after preparation.

- Wait for numbness to wear off before chewing.
- If you have a temporary crown or bridge, avoid sticky, hard, or very chewy foods that could loosen it.
- Brush normally but gently around the treated area.
- If flossing around a temporary bridge or crown, use caution and follow your dentist's instructions so you do not dislodge it.
- Mild sensitivity can be normal, but call the office if your bite feels off, the temporary comes loose, or pain increases instead of improving.
- Once the final crown or bridge is placed, continue regular brushing, flossing, and checkups to protect the restoration and surrounding teeth.

Root Canals

After root canal treatment, some tenderness for a few days and mild jaw soreness from keeping your mouth open can be normal. You should avoid chewing on the treated tooth, especially if a temporary filling or temporary crown is in place, until your dentist or endodontist says it is safe.

- Do not chew, smoke, or drink hot or cold liquids for the first hour after treatment.
- Take medications exactly as directed; over-the-counter pain relievers are often enough, but some patients may receive stronger medication.
- Brush and floss as usual, but be gentle around the treated tooth.
- Avoid hard foods and do not bite down heavily on the treated tooth until it has been fully restored.
- It is important to return for the final crown or restoration as soon as recommended, because a root canal-treated tooth often needs full coverage to protect it long term.
- Call the office right away if you have severe pain or pressure lasting more than a few days, visible swelling, an allergic reaction, a loose temporary, or a bite that feels uneven.

When to Contact Us

Contact the office promptly if you have heavy bleeding, worsening swelling, fever, severe pain that is not improving, allergic reaction symptoms, or anything that feels unusual during recovery. Persistent symptoms after root canal treatment or excessive bleeding after periodontal or extraction procedures should also be evaluated.