

## Post Operative Instruction for Dental Bonding

Teeth are living tissues that are similar to the bones of your body. Teeth respond to treatment similar to a broken bone. The pain of a broken bone is not necessarily eliminated once a cast is placed. The cast does however facilitate the healing process as new bone heals the break. The full function of the bone gradually returns to the injured area once the cast is removed, though some residual functional limits might remain depending on the extent of the injury. Likewise, for teeth, it would not be unusual for discomfort and decreased function to last months during normal healing following deep dental fillings and other dental treatment.

Discomfort in both teeth and bone is due to inflammation. By controlling inflammation, you control pain. In the case of bone and teeth, limiting use and taking anti-inflammatory relievers is recommended.

Anti-inflammatory pain relievers (ibuprofen) such as Advil or Motrin (not aspirin or Tylenol) inhibit the synthesis of prostaglandins which is the body's early response to trauma. It is recommended to start taking Advil or Motrin immediately after treatment:

- Take 1 or 2 tablets every six hours up to the maximum dose listed on the bottle for the next two or three days.
- Gradually taper off this dosage over several days.
- Take a dose of the Advil or Motrin even if you don't have pain as this will prevent pain from starting. If you wait for the pain to start, the inflammation will have already started and you now have to play "catch-up".
- **CAUTION:** If you are sensitive to aspirin, you can take Tylenol, but the anti-inflammatory benefits will be lost and your tooth might take longer to recover.
- **Narcotic pain relievers** – typically this will be Percocet that is similar to Percodan but it does not contain aspirin. Take one tablet every four to six hours for pain if the non-narcotic pain reliever (like Advil, Motrin or Tylenol) is inadequate. Percocet may be taken along with these non-narcotic pain relievers. **Do no drink alcohol, take other medications without approval, perform activities that require eye-hand coordination or drive a motor vehicle when taking this narcotic.**

**Drug Dosage** – Anti-inflammatory pain relievers and narcotics can be taken together but some people might find they get a sensitive stomach. If this happens then consider spreading out your pill taking to give your stomach a break, Drugs are easier to handle with food in your stomach. **Dentist need to know in advance if a patient has drug allergies or specific medical conditions which might interfere with these drugs!**