

Post-Operative Instructions for Periodontal Therapy

- If novocaine (local anesthetic) was used for procedure, please be careful eating after procedure until numbness has worn off to avoid biting, burning, or injuring yourself while still feeling numb.
- Avoid extreme temperature, food, and drink for the first few days as temperature sensitivity can be normal after treatment.
- A soft diet is recommended for the first few days
- Refrain from using tobacco products as it can delay healing
- To help soothe area, rinse area 2-3 times a day for a week with warm salt water rinses
- If needed for discomfort, you may take Ibuprofen or Tylenol as needed
- If a local antibiotic (Arestin) was placed after treatments do not floss in that area for 2 weeks and then return to daily flossing. You may floss in other areas as normal and brush as normal.
- If you have additional questions, contact our office so we may assist you!

Post-Operative Instructions for Composite Resin (Tooth colored) Fillings

- Your new composite resin filling has its full strength before you leave our office, so you can eat, drink, and chew as soon as you would like.
- Numbness from the local anesthesia (“Novocaine”) can take a few hours to wear off; use caution not to bite, burn, or injure yourself while still feeling numb.
- It can be normal for a freshly restored tooth to have some sensitivity. If sensitivity persists beyond a few days, is intense with changes in temperatures, or is uncomfortable when chewing, contact our office during normal business hours so we can evaluate your discomfort. Occasionally, the bite needs to be adjusted after the numbness wears off, and we can do this quickly and comfortably without additional novocaine.
- The anesthetic injection site along with some irritation of the gum tissue during the procedure may result in some soreness for a few days. If this occurs, warm salt water rinses are helpful.

- If you have additional questions, contact our office so we may assist you!

Post-Operative Instructions for Crown and Bridge

- The purpose of your temporary crown is to protect the underlying tooth structure and maintain space for your permanent crown (or bridge).
- Temporary restorations may leak saliva or food onto the tooth. This can sometimes cause sensitivity to hot, cold, pressure, or sweets. If you feel your temporary feels unbalanced, please call the office and we can adjust it easily for you.
- Your temporary restoration is made of a plastic material that can break or come loose. To avoid this, we recommend that you avoid chewing directly on your temporary and stay away from hard/sticky foods. Make sure to pull the floss through the contact instead of popping it out while temporary crown is on.
- If your temporary does come off, you can replace it on your tooth with Fixodent (denture adhesive) and call us during regular office hours. If you leave the temporary off for a lengthy time, your tooth may shift, making it difficult for the real crown to fit.
- Soreness of the gums around your temporary as well as the anesthetic injection site can be relieved with warm salt water rinses and Ibuprofen or Tylenol if needed.
- Please call the office if you experience intense discomfort. It is not unusual for a tooth with extensive decay or tooth loss to need root canal therapy.

Use and Care of Sleep Appliance

- Place upper and lower piece gently onto teeth by hand. Firmly press to ensure plate is seated securely and fits comfortably.
- Do NOT bite down into place!
- If appliance needs adjustments, call us to make an appointment during normal business hours.
- Brush clean daily with cool soapy water. Dry and place in container. Weekly: soak appliance in Polident and cool water for no more than 5 minutes. Brush, rinse and dry.

Follow-up: once your appliance has been completely adjusted, a follow-up sleep test is necessary to monitor your progress. Appliances wear and may need replacement over 3-5 years.

Understanding Sleep Apnea

Sleep Apnea is the temporary stoppage of breathing during sleep, often resulting in daytime sleepiness. People with undiagnosed sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times during the night, and often as long as a minute. Obstructive Sleep Apnea (OSA) is caused by a blockage in the airway, and when soft tissue in the rear of the throat collapses and closes during sleep.

With each apneic event, the brain briefly arouses people with sleep apnea in order for them to resume breathing, although usually the individual is unaware of the “microarousals.” Consequently, sleep is extremely fragmented and of poor quality. Sleep appliances are designed to position the jaw in a way to maintain an open airway, allowing you to inhale and exhale more air per breath.

Post-op Teeth Whitening Instructions

- Follow instructions included in your kit.
- Total treatment time is usually 7-10 days. It may take longer, especially if treatment is interrupted.
- Make sure to brush and floss prior to each treatment. The bleaching gel can work better if it is in contact with tooth rather than plaque build up.
- Mild sensitivity to cold liquids or air may occur. This usually passes a few days after treatment is completed. You are welcome to take ibuprofen if needed. If the sensitivity is severe or persists, discontinue using the gel and contact our office.
- If you experience any gum irritation, let us know. Your custom tray may need to be adjusted.
- Teeth whitening works best on yellow stained teeth. Grey teeth are more difficult to whiten, or may not respond to treatment.
- Results can be quite dramatic. However upon completion of the teeth whitening process, the color will “tone down” somewhat. This is normal and actually looks more natural.

- Long term results vary from patient to patient. This can depend on many factors including habits such as smoking or coffee, tea, wine, cola, or certain berries.
- “Touch-up” treatments may be needed and can usually be accomplished in 1 or 2 treatments. A special touch-up kit is available at our office.
- Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these restorations may need to be changed in order to match your new smile.

Instructions for Vivera Retainers

In order to maintain post treatment results, retainers must be worn indefinitely. More retainers will need to be purchased in the future.

4 Sets of Identical Trays:

Tray 1

- Wear full time
- 3 Months

Tray 2

- Transition to wearing at night time only
 - Start by removing retainer for a few hours at a time. If teeth seem to shift or retainers feel tight when you place them back on your teeth, you need to continue wearing them. If not, you can gradually lengthen the time that they're out of your mouth during the day until you eventually wear at night time only.
- Approximately 9 months

Trays 3 and 4

- Wear primarily at night time
- Approximately 9 months

** Based on individual patient’s circumstances, type and amount of correction, and retainer wear, Dr. Garceau may recommend retainer replacement earlier than 9 months.

Recommendations for TMJ

- Anti-inflammatory:
 1. Softer diet
 2. warm compress
 3. 3 tabs ibuprofen (3 x 200 = 600mg) up to 3x/ day

- Therapeutic Massage

Location: 96 Poqunock Avenue, Windsor CT 06095
Contact: 860-683-2838

 1. TMJ Massage

- Many Rivers Community Acupuncture

Location: 775 Bloomfield Avenue, Windsor CT 06095
Contact: 860-683-0011

- Community Acupuncture

Location: St. Francis Hospital for Integrative Medicine
Gengras Connector 2nd Floor
Contact: 860-714-4450