

Barrett D. Straub, DDS SC.

Immediate Dentures Directions

Do not take out your denture for the first 24 hours! This will help keep the swelling down and help with the healing.

After a full 24 hours, you can take out the denture and rinse your mouth out with salt water as directed on our post operative instruction sheet. Immediately place the denture back in and keep it place for another 24 hours.

After 48 hours, remove the denture for a short time each day and rinse with salt water at least twice per day.

It is best to wear the denture as much as possible, even at night, for the first week. After your first healing check appointment with Dr. Straub, you should remove the denture before bed unless instructed otherwise.

WHITENING INSTRUCTIONS

Procedure

1. Floss and brush your teeth with fluoridated toothpaste.
2. Twist off the clear plastic cap from the syringe and replace with a mixing nozzle.
3. Place a small amount of gel in each tooth compartment in the tray about this size  on the cheek (front) surface of the tooth.
4. Place the tray with the gel in your mouth. When inserting the tray, be careful not to push the gel out, but be sure that the tray is completely seated. You may see “bubbling” within your trays while wearing them. This bubbling is actually part of the whitening process.
5. Remove excess gel with your finger, dry toothbrush, or Q-tip. Avoid direct contact of the tooth whitening gel with gums and/or saliva.
6. After whitening, remove and rinse the trays with cold water. Hot water may damage the trays. If necessary, use a toothbrush to remove any residual gel. Place the trays in the storage case, and store them in a cool, dry place.
7. Rinse and brush excess gel from your teeth.

Do:

*Place tip cap on syringe nozzle after each use to avoid potential product leakage.

* Continue good oral hygiene throughout the treatment.

*Store any remaining whitening gel in a cool, dry, dark place for later use once the whitening process is complete. When storing unused gel, replace mixing nozzle with the original twist off plastic cap to help ensure product strength and freshness.

Don't:

*Do not freeze whitening gel.

*Use the treatment while pregnant or lactating.

*Use any household or other whitening products to whiten your teeth.

*Overload whitening trays with gel since gum irritation may occur.

*Eat, drink or smoke while wearing your custom trays.

NIGHT WHITE
WEAR TRAYS OVERNIGHT FOR
4 TO 6 NIGHTS

DAY WHITE
WEAR TRAYS ½ HOUR TWICE DAILY
AT LEAST ONE HOUR APART FOR
10 TO 14 DAYS.

The treatment should not be interrupted. If you must skip a night or two, the process must be extended to compensate for the time missed. In order to maintain the whitest tooth shade possible, it is always best to avoid substances such as coffee, tea, red wine and tobacco.

IN GENERAL:

Some patients experience increased tooth sensitivity to cold during the treatment. Others may have nonspecific sensitivity in the teeth, gums, tongue, lips or throat. If any of these symptoms occur and are more than mild, discontinue the treatment until you speak to your dental professional. The symptoms should subside within 1-3 days after completing or interrupting the treatment.

It is normal to see dark color in the trays where you have old amalgam (silver) fillings. The gel oxidizes the surface stains on these amalgam fillings. The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.

Once you have completed the treatment, your teeth may be slightly whiter than they will remain. The final color will be achieved about two weeks after finishing the whitening process.

Whitened teeth will always be lighter than they were prior to the treatment and some patients will never need to repeat the process.

If you notice that you are acquiring some stain, you may do a touch-up for a night or two every 4-6 months. Ask your dental professional for information about other Discus Dental products designed for whitening touch-ups.

ALWAYS:

Call our office at 262-284-5505 if you have questions or problems.

Barrett D. Straub, DDS, SC
1349 W. Grand Ave.
Port Washington, WI
262-284-5505
www.portwashingtondental.com

Head and Neck Radiation

Oral Hygiene Instructions

Radiation therapy for cancer has effects on the oral cavity and care must be taken to prevent further dental problems. Your saliva production will be greatly diminished while undergoing radiation. Saliva is important in protecting your teeth from dental decay or cavities. Decay can progress very quickly in a dry mouth.

To protect your teeth, we are recommending the following to be added to your normal hygiene regimen:

- Prevident Prescription Fluoride Toothpaste – Use 2X per day.
- Peridex oral rinse – Rinse 2-3X per day.
- Prevident Fluoride Gel with Custom Mouthpieces – After brushing thoroughly with toothpaste, rinse as usual. Apply a thin ribbon of gel to the mouth trays and wear once daily for at least one minute, preferably at bedtime. After use, expectorate gel. For best results, do not eat, drink or rinse for 30 minutes.

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Endodontic Treatment (Root Canal) - Post-Operative Instructions

1. Root canal treatment can take 1,2, or more appointments, depending on the conditions present in each case. During that time any of the following symptoms may be present: sensitivity to hot or cold, sensitivity to pressure, or swelling.
2. Some tenderness can be expected after each appointment. It is best to start taking either an over-the-counter pain medicine (Advil 400 - 600mg., or Extra Strength Tylenol), or the pain medicine prescribed to you. These are most effective if taken before the office anesthetic wears off.
3. If an antibiotic has been prescribed to you, be certain to take it as directed. Be certain to finish all the pills regardless of how well you feel.
4. If swelling or pain is present after 2 days of your last appointment or is increasing, your medication may need to be adjusted. Contact the office immediately.
5. If your bite feels high or if pain occurs with light biting, your bite may to be adjusted due to inflammation around the tooth. This is a short appointment. Please call the office immediately.
6. If the root canal procedure is done over more than one visit, a temporary will be placed in the tooth. This restoration is not very durable and is prone to breakage or dislodgment if not treated carefully. Avoid sticky foods (gum, taffy, caramels, etc.), and hard foods (chewing ice, nuts and hard candy). Do NOT floss around the temporary.
7. The tooth is often very weak during therapy. Avoid biting on hard objects until the tooth is properly restored with a filling or crown after therapy is completed.
8. Hot food or beverage can be harmful to anesthetized tissues. Please avoid drinking hot coffee, etc., until the numbness wears off.
9. Should you have greater than expected sensitivity, discomfort on biting, if your temporary filling becomes loose or broken, please call the office immediately.

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Scaling and Root Planing: Post-procedure Instructions

You have just completed a Periodontal Therapy session to help treat the infection of your gum tissues.

You can expect your gingival (gum) tissues to be quite sore. This is normal when the gum tissues have been infected and inflamed for some time. The more severely they have been affected, the more discomfort you can expect. This soreness should go away very quickly. You may rinse with warm salt water every few hours until the soreness is gone.

You may also notice that the teeth have become sensitive to temperature changes after the scaling and root planing. This sensation frequently occurs when the surfaces of the roots of your teeth have been cleaned. Removal of the debris covering the roots and attached to the roots leaves the roots open to temperature stimulus. If the problem persists, please let us know.

When you examine your gums closely in a mirror, you will also observe that the color, texture, and position of your periodontal tissues will undergo a change as the healing takes place. The swollen, reddened gum tissue will shrink, become more firm, and return to a healthy pink color. Watch for these welcome signs of improvement and be encouraged by the healing process.

Please do not forget to brush, floss, and use other periodontal cleaning aids as you have been taught. It is important that you begin establishing proper oral self-care habits immediately. If you find that the recently treated areas are sensitive to the brushing and flossing, be gentle, but be thorough! With proper technique you cannot damage the teeth or gingival tissues.

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Composite Fillings - Post-Treatment Instructions

- Composite fillings set up hard right away. There is no waiting time to eat. Children should be observed until the anesthetic wears off. Due to the strange feeling of the anesthetic, many children will chew the inside of their lips, cheeks, or tongue which can cause serious damage.
- Sensitivity to hot and cold is common for a few weeks following dental restoration. Usually, the deeper the cavity, the more sensitive the tooth will be. If you feel the bite is not correctly balanced, please call for an appointment for a simple adjustment.
- The gum tissue could have been irritated during the procedure and may be sore for a few days along with the anesthetic injection site.
- The finished restoration may be contoured slightly different and have a different shape than the original tooth. Your tongue usually magnifies this small difference and will become adjusted to this in a few days.

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Temporary Crowns and Bridges - Post-Treatment Instructions

After your first crown or bridge appointment, refrain from eating for at least 1 hour and until the anesthesia has worn off.

Temporary: A temporary crown or bridge will be placed on the prepared teeth while the permanent restoration is being made. The temporary serves very important purposes. It protects the exposed dentin so it is not sensitive, **prevents food and bacteria from collecting on the tooth preparation, and prevents the tooth from shifting or moving, which can make seating of the permanent restoration more difficult or even impossible.** The temporary is placed with a cement that is designed to come off easily, so avoid chewing sticky foods such as gum or taffy or anything very crunchy. Use your toothbrush to clean the temporary as you normally do your other teeth. However, when flossing, it is best to slide the floss out below the contact rather than popping up through the contact between the temporary and the tooth next to it.

If your temporary comes off between appointments, even if there is no discomfort, slip it back on and call our office in order to have us recement it for you. It cannot be stressed too much how important this is. A little denture adhesive or even toothpaste placed inside the crown can help to hold it in place in the interim.

Sensitivity: Sensitivity, especially to cold, is common while you are wearing the temporary. If you experience this, avoid extremely hot or cold foods and beverages. It is normal to have discomfort in the gums around the tooth after the anesthesia wears off. If your gums are tender, rinse with warm salt water by dissolving 1/2 teaspoon of salt in an 8 oz. glass of warm water. An analgesic, such as whatever you would take for a headache, will help to increase your comfort.

Fixed Crowns or Bridges - Post Treatment Instructions

You have just had some crowns or fixed bridges cemented onto your teeth. They will replace your missing tooth structure or missing teeth very well and should give you years of service if you will observe the following suggestions:

CHEWING: Do not chew hard or sticky foods on the restorations for 24 hours from the time they are cemented. The cement must mature to have optimum strength.

CONTINUING CARE: Visit us at regular intervals as discussed with your doctor or hygienist. Often problems that are developing around restorations can be found at an early stage and corrected easily, while waiting for a longer time may require redoing the entire restoration. **Inadequate return for examination is the most significant reason for protheses failure.**

SENSITIVITY: Don't worry about mild sensitivity to hot or cold foods. It will disappear gradually over a few weeks.

AGGRESSIVE CHEWING: Do **not** chew ice or other very hard objects. Avoid chewing very sticky "hard tacky" candy because it can remove restorations.

PROBLEMS: If one or more of the following conditions occurs, please contact us to avoid further problems:

1. A feeling of movement or looseness in the restoration.
2. Sensitivity to hot, cold, or sweet foods that doesn't disappear in a few weeks.
3. A peculiar taste from the restoration site.
4. Breakage of a piece of material from the restoration.
5. Sensitivity to pressure that doesn't disappear in a few weeks.

We have done our best to provide you with the finest quality oral restorations available today. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity.

Dr. Barrett D. Straub DDS

POST-OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

WHEN SHOULD YOU NOTIFY THE DOCTOR

1. If profuse bleeding continues after 3-4 hours of applied pressure
2. If you are unable to maintain a nutritious diet after 48 hours.
3. If the pain and/or swelling increases after the third day.
4. If an oral bandage becomes dislodged prior to the third day.
5. If you have an allergic reaction to medications such as: skin rash, hives, elevated temperature, increased and/or erratic heart rate, nausea/vomiting, dizziness/fainting, blurred vision.

GENERAL INSTRUCTIONS

DO NOT rinse for at least 24 hours after the surgery
DO NOT exercise or do heavy lifting for 3 to 5 days after the surgery
DO NOT smoke for 72 hours!
DO NOT spit or drink through a straw

WHAT TO EXPECT FOLLOWING ANY SURGERY

BLEEDING

To slow or prevent bleeding, bite with light pressure on the gauze pack that has been placed over the surgical area. Pressure should be applied in 20 to 30 minute intervals and repeated until the bleeding is brought under control. If bleeding persists without slowing for several hours apply a gauze soaked in strong tea and repeat the above steps until the bleeding stops. Exercising and heavy lifting will raise your blood pressure and will dislodge the blood clot and bleeding will resume. Avoid exercising for three to five days following the surgery.

SWELLING

To prevent and/or minimize swelling apply ice packs at 10-minute intervals to the surgical area. After 72 hours apply warm compresses to the area to relieve swelling. Swelling is a natural part of the healing process and can be expected for 3 days to several weeks depending on the nature and the extent of the surgery.

DISCOMFORT

You will be provided medication to manage discomfort when necessary. Please note that it is important to take any pain medication prescribed as directed for at least 2 days and not "only when it hurts." Keeping a consistent amount of the medication within the bloodstream is important to managing pain.

Dr. Straub Cell: 414-690-3286

Office: 262-284-5505

MEDICATIONS: Take only when checked.

- AMOXICILLIN-Fill prescription and take as directed
- Z PAC #1 - Fill prescription and take as directed
- ADVIL(IBUPROFEN)-Take 2-3 tablets (200mg tab lets) every 4 hours
- CELEBREX- Fill prescription and take as directed
- LORTAB 10mg - Fill prescription and take as directed

Other:

IF YOU HAVE ANY QUESTIONS ABOUT THESE MEDICATIONS INTERACTING WITH OTHER MEDICATIONS YOU ARE PRESENTLY TAKING, PLEASE CALL OUR OFFICE FIRST, YOUR PHYSICIAN AND/OR YOUR PHARMACIST.

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Porcelain Veneers - Patient Instructions

First 72 Hours

The resin bonding process takes at least 72 hours to cure in its entirety. During this time, you should avoid any hard foods and maintain a relatively soft diet. Extremes in temperature (either hot or cold) should also be avoided. Alcohol and some medicated mouthwashes have the potential to affect the resin bonding material during this early phase and should not be used.

Maintenance

1. Routine cleanings are a must with a hygienist. Use a soft toothbrush with rounded bristles, and floss as you do with natural teeth. Plaque-free maintenance of these restorations is essential to their longevity and the health of your teeth and supportive tissues.
2. Use a less abrasive toothpaste.
3. Although laminates are strong, avoid excessive biting forces and habit patterns: nail biting, pencil chewing etc. These habits WILL cause failure of veneers.
4. Avoid biting into hard pieces of candy, chewing on ice, eating ribs.
5. Use a soft acrylic mouthguard when involved in any form of contact sport.

Congratulations on your new and improved smile!

Dr. Barrett D. Straub DDS

POST SEDATION INSTRUCTIONS

- 1). PATIENT CANNOT DRIVE FOR 24 HOURS AFTER SEDATION AND CANNOT OPERATE ANY HAZARDOUS DEVICES FOR 24 HOURS.
 - 2). ABSOLUTELY NO ALCOHOL FOR 24 HOURS.
 - 3). A RESPONSIBLE PERSON SHOULD BE WITH THE PATIENT UNTIL HE/SHE HAS FULLY RECOVERED FROM THE EFFECTS OF THE SEDATION.
 - 4). PATIENT SHOULD NOT GO UP AND DOWN STAIRS UNATTENDED. LET THE PATIENT STAY ON THE GROUND FLOOR UNTIL RECOVERED AND ALWAYS HOLD THE PATIENT'S ARM WHEN WALKING.
 - 5). PATIENT CAN EAT WHENEVER AND WHATEVER HE/SHE WANTS. HOWEVER, AVOID VERY HOT FOODS UNTIL LOCAL ANESTHETIC HAS WORN OFF.
 - 6). PATIENT NEEDS TO DRINK PLENTY OF FLUIDS AS SOON AS POSSIBLE.
 - 7). PATIENT MAY SLEEP FOR A LONG TIME OR MAY BE ALERT WHEN HE/SHE LEAVES. ATTEND TO BOTH AN ALERT OR SLEEPY PATIENT THE SAME. DON'T TRUST HIM/HER ALONE.
 - 8). CALL US IF YOU HAVE ANY QUESTIONS OR DIFFICULTIES. IF YOU FEEL THAT YOUR SYMPTOMS WARRANT A PHYSICIAN AND YOU ARE UNABLE TO REACH US, GO TO THE CLOSEST EMERGENCY ROOM IMMEDIATELY.
 - 9). PATIENT SHOULD NOT CARRY, SLEEP NEXT TO OR BE LEFT ALONE WITH THE ELDERLY OR YOUNG CHILDREN FOR A PERIOD OF NO LESS THAN 24 HOURS AFTER THE LAST DOSAGE OF MEDICATION.
- 11) DRIVE DIRECTLY HOME, & CALL THE OFFICE WHEN YOU ARRIVE AT HOME AND THE PATIENT IS COMFORTABLE & SAFE.**

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- Z PAC #1 - Fill prescription and take as directed
- ADVIL(IBUPROFEN)-Take 2-3 tablets (200mg tab lets) every 4 hours
- CELEBREX- We will provide initial dose at end of sedation visit. Take one tablet with breakfast and one with supper. Take this medication as directed for at least two days regardless of your pain level. After this initial time period, take only as needed for pain.

Other:

IF YOU HAVE ANY QUESTIONS ABOUT THESE MEDICATIONS INTERACTING WITH OTHER MEDICATIONS YOU ARE PRESENTLY TAKING, PLEASE CALL OUR OFFICE FIRST, YOUR PHYSICIAN AND/OR YOUR PHARMACIST.