

We at **FRESH SMILES** strive to make all your visits as pleasant as possible. Post treatment care is part of a comfortable experience. It is important to follow these simple instructions to ensure no post treatment discomfort.

- ❖ Before the anesthetic completely wears off, take a dose of headache medicine. If you can tolerate Motrin, Advil, Aleve or aspirin, they are your best choices. Tylenol Extra strength is also good.
- ❖ There may be some muscle soreness associated with the injections and having your mouth open. This is absolutely normal and should go away in a day or two.
- ❖ Wait until your numbness is gone or nearly so before eating food which requires chewing. You can bite yourself and cause an uncomfortable sore.
- ❖ Although every effort was made to assure the correct bite relationship, there still may be a slight discrepancy which needs correction. Give us a call and we can correct this for you.
- ❖ Because your restoration is tooth colored, there may be tiny areas of extra material that the Dr. did not detect when doing the final polish. Let us know and we can adjust that.
- ❖ Although your tooth (teeth) was coated several times, there may be some sensitivity. If this is the case, avoid extremes in temperature. This sensation can last for days to months. If you feel that the area has much greater sensitivity than expected, please contact the office so that we may evaluate and if necessary treat.

Thank you for letting **FRESH SMILES** care for your smile. If there are any questions, please call Dr. Ottersberg at 897-8838.