



## Post-Operative Care: Permanent Tooth Trauma

**DO NOT** Exercise, use physical force, operate heavy machinery, avoid strenuous activities. Take it easy for next two weeks.

**DO NOT** Chew on the traumatized tooth as to minimize trauma to the tooth.

**DO NOT** Smoke for 2 weeks after trauma

**DO NOT** Drink through straws to avoid any dislodging of blood clots.

**DO NOT** Rinse or spit vigorously! This may dislodge the body's natural clotting processes and reopen the area to bleeding. For the first 3 days, very light rinsing can be done, then regular rinsing can be done.

### DIET:

**Start eating soft foods that do not have to be chewed for 2 weeks.** Milk, cooked cereals, scrambled eggs, cottage cheese, milk toast, yogurt, and ice cream are recommended. Warm temperature soups, broiled fish, stewed chicken, mashed potatoes, and well-cooked vegetables can be added to your diet as your comfort allows.

### SWELLING

You may expect some swelling after your dental treatment. Swelling is a part of the natural healing process and may last several weeks in rare instances. Ice packs and heating pads may help relieve these symptoms.

### SENSITIVITY

You may experience sensitivity to hot or cold foods.

### TOOTH SPLINT

If a splint has been placed, it will be removed at 2 or 4 weeks depending on your situation.

### TREATMENT

You may need additional treatment if the avulsed or traumatized tooth does not heal optimally. Additional follow up appointments will be needed to evaluate tooth health.

*Please notify my office if you have any questions or if any of the above applies to you. Most often, a simple explanation can resolve the situation and reduce your concern.*