

Post treatment instructions

Dedication to dental ecosystem

And acknowledgement

**Family support system and patients
and clients**

Post treatment instructions: To understand, what treatment was done; and precautions to be take prior/post treatment. If in doubt ask for clarification from your dental surgeon appointment

Root Canal Treatment

1. No precautions, only awareness. Don't bite anything hard, till the crown is fixed.
2. Might have tenderness for 2 days to 2 weeks (if the infection is severe an antibiotic prescription is needed).
3. If the pain persists, have Dolonex DT 20mg in the morning and in the night for two day (for pregnant, Dolo 650mg).
4. Success rate is less tooth can break within 5-15 years based upon maintenance.

After Crown or Bridge Cementation

1. Don't eat for one hour.
2. If it falls off (don't panic, spit out and preserve crown or bridge), get it recemented within two weeks maximum or it won't fit and the entire cost will have to be paid if it has to be redone.
3. If there is a high point, come immediately for trimming (first few days, will feel bulky, shall settle down in a few days).
4. 4. Ceramic can chip off, and zirconia can break unless it is in a crucial area. There's no need to worry, (within 5 years it is usually laboratory cost; no procedure cost is covered) it usually lasts 5-15 years based on maintenance and can last longer based on original tooth structure preserved.

Extraction

1. No spitting (no straw), if a clot forms (swallow any little blood or saliva in mouth). Bite on a dipped tea bag if bleeding persists; unless the shirt is drenched in blood (no need to panic: go to the emergency room of a nearby hospital if it occurs after clinic hours), sleep with a towel on the pillow, as there might be a slight bleed.
2. No hot, hard and spicy (soft diet) food for the first day then, normal diet can be resumed.
3. Cold compression helps, if swelling/ inflammation takes place after extraction, eat cold foods like ice cream.
4. Have prescribed medication or injections on the time (otherwise severe pain).
5. Inform the dentist about any allergies or previous medication or medical condition prior the procedure.
6. Sutures usually dissolve within 1-2 months.

Implants/surgery

1. Precautions are the same as for extraction.
2. For a specific query, ask the dentist. Example: sinus lift; no blowing nose.
3. Implant can fail; Nobel Biocare active implants are replaced by the company for free, only the redo procedure and bone graft cost, will be incurred by the patient. Maintain good oral hygiene to avoid failure.

Silver filling

1. Soft diet for minimum 8 hours (avoid chewing on the side of filling).
2. In case of a high point, come and get it trimmed. Otherwise, the pain or filling will break.

Composite filling

1. Colored food/ wine precautions (Can discolor; every two years polishing might be required for teeth in the smile zone).
2. Can have sensitivity as it transmits hot and cold (last 5-15 years usually based on maintenance).
3. If a high point occurs, come and get it trimmed. Otherwise, the pain or composite filling will break.

GI filling

1. No eating and drinking for an hour.
2. Can last a few weeks to months in small children (if it falls, get it redone).
3. Otherwise, last 2-5 years (If a high point occurs, come and get it trimmed. Otherwise, the pain or filling will break).

Scaling (cleaning)

1. Mouthwash with Clorhex ADS in the morning and in the night for two weeks after scaling (flossing advisable if gaps).
2. Slight sensitivity for two weeks post cleaning. Shall feel like gaps between lower teeth after cleaning.
3. Get it done every 6 months to one year (no later than two years, follow up with routine dental checkup, advisable with OPG). Good diet is important. Example: carrots, apples, etc. for good oral hygiene, brush morning & night.

Whitening

1. Slight sensitivity.
2. Avoid coloured food and drinks.
3. Lasts 6 months to 9 months.

Ceramic Veneers

1. Temporary veneers cannot match completely and tend to fall off.
2. Permanent veneers ceramic can chip and veneer can fall off too, if you are careless about chewing, biting, and maintenance (get it refixed immediately for aesthetic purpose).

Braces

1. Can get ulcers, apply Metrogyl DG gel and schedule an appointment with the dentist to fix any poking wire or broken bracket.
2. Don't miss monthly appointments or else, treatment can get delayed. Queries in between: consultation fee applies for: online or clinic queries. No sticky food, cut in small pieces, use a phoflur mouthwash
3. Treatment can relapse, wear retainers or get permanent retainers. Use ortho brush and Oracura ortho tip waterflosser

Aligners

1. Don't chew with Aligners on (remove for eating, clean after drinking juice).
2. Remember instructions about changing aligners at the correct time interval. Follow instructions given by the Orthodontist.
3. Treatment can relapse, therefore after all corrections are complete, wear aligners' and retainers at night or get fixed permanent retainers.

Dentures/bite raising appliance

1. be careful it's breakable. Wash with soap or use Fitty dent Cleansing's half tablet in water/keep in plain water.

2. Multiple visits might be required for adjustments. In case of ulcer, apply Metrogyl DG gel and discontinue wearing denture till the adjustment is complete. Don't delay getting the adjustment.
3. Remaining teeth need to be brushed daily during morning and night.
4. Lower complete dentures are usually a loose fit. If loose, apply Fitty dent paste. Therefore, implants are advisable.

Space Maintainers:

1. Ensure your child does not eat anything hard or sticky on the side it's placed as such food could dislodge the appliance.
2. If the appliance gets dislodged keep it safe as it can be placed back.
3. The Space Maintainer must be kept exceptionally clean as the band and wire tends to collect food particles. Good oral hygiene must be maintained.

Stainless Steel Crown:

1. The cement which holds the crown requires approximately twelve hours achieving its final set. Therefore, only soft foods should be chewed with the newly restored teeth today. Regular diet may be resumed from the next day.
2. Stainless steel crowns may be dislodged or pulled off if extremely hard or sticky foods are chewed with them. Hard, sticky candy and bubble gum should be avoided.
3. The gum tissue around the newly restored tooth maybe slightly irritated and inflamed for a few days. This can be eased by using a salt water rinse on the area three times daily till the irritation subsides.
4. On the day of placement of the crown care must be taken not to brush too hard on that area and

gradually get back into the normal brushing habit.

5. If the crown is on a primary tooth, it will usually come out on its own at the proper time when the permanent tooth is ready to erupt.
6. In case it gets dislodged please report back to the clinic for further evaluation.

Post Extraction (Pediatric Patients)

1. DO NOT bite, suck, or rub the numb lip or cheeks. The child should be watched closely so that he/she does not chew on the lip or cheek while it is numb.
 2. Avoid your child from spitting out any blood and saliva for around 12 hours to avoid breaking the clot.
 3. Keep the fingers and tongue away from the socket.
 4. Some bleeding following tooth removal is to be expected. The child should bite firmly on folded gauze in the removal area for twenty minutes. Repeat if necessary, only if the bleeding has not stopped.
 5. Eat only soft and cold foods in the removal area for the first 24 hours. Normal diet can be resumed the next day.
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Post-treatment instructions following **flap surgery** in dentistry may vary depending on the specific procedure performed and the patient's unique circumstances. However, here are some general guidelines that can be helpful: by open.ai, checked

1. **Pain management:** You may experience some discomfort or pain after flap surgery. Take prescribed pain medications as directed by your dentist or surgeon. Over-the-counter pain relievers may also be recommended. Follow the instructions provided and consult your dentist if the pain persists or worsens.
2. **Swelling and inflammation:** Swelling is common after flap surgery. Apply an ice pack wrapped in a thin cloth to the affected area for 10-15 minutes at a time, with 10-minute breaks in between, for the first 24 hours. This can help reduce swelling and inflammation. After 24 hours, switch to warm compresses to promote healing.
3. **Bleeding:** Some bleeding may occur immediately after the surgery. Bite down on a sterile gauze pad placed over the surgical site to apply gentle pressure. Change the gauze as needed until the bleeding stops. If bleeding persists or is excessive, contact your dentist.
4. **Oral hygiene:** Maintaining good oral hygiene is crucial for proper healing. However, be gentle around the surgical area to avoid dislodging the stitches. Brush your teeth carefully, avoiding the surgical site for the first 24-48 hours. Afterward, you can gently rinse your mouth with a warm saltwater solution (1/2 teaspoon of salt dissolved in 8 ounces of warm water) several times a day to help keep the area clean. Avoid using mouthwash containing alcohol.
5. **Diet:** Stick to a soft or liquid diet for the first few days following the surgery. Avoid hard, crunchy, or spicy foods that can irritate the surgical area. Gradually reintroduce solid foods as tolerated.
6. **Smoking and alcohol:** Avoid smoking and consuming alcoholic beverages, as they can delay the healing process and increase the risk of complications.
7. **Follow-up appointments:** Schedule and attend any recommended follow-up

appointments with your dentist or surgeon. These appointments are essential for monitoring your healing progress and removing any sutures, if necessary.

8. Rest and recovery: Engage in light activities and get plenty of rest during the initial recovery period. Avoid strenuous exercise or physical exertion that may disrupt the healing process.

It's important to note that these instructions serve as general guidelines. Your dentist or surgeon will provide you with specific post-treatment instructions tailored to your situation. Follow their advice closely and reach out to them if you have any concerns or questions during your recovery.

Kindly review after two weeks; with a message or a phone call or visit, if it is okay; and **follow up**: For, any clarification/concern, Appointment (Feedback WhatsApp), or any emergency, visit your nearest hospital.

After which, book an appointment with us: during the working hour.