

Instruction after Dental Treatment:

Instruction after Oral Surgery (Tooth Extraction):

- Keep the moist gauze piece in the extraction socket for 30 to 45 minutes under bite pressure. Eat cold food like ice cream after the removal of the gauze piece.
- Avoid activities that create negative pressure resulting in blood clot dislodgement like a: avoid spitting b: avoid straw uses c: heavy exercise
- Do a light gargle with mouthwash (Chlorhexidine) or warm salt water.
- Take painkillers and antibiotics as prescribed by your dentist.
- Eat a soft diet preferably for 2 to 3 days. If eat a solid diet, avoid chewing from the extraction side and eat from the opposite side.
- A little oozing of blood from the extraction socket is normal for 24 hours. If profuse bleeding, consult your dentist immediately. Light gargle with capsule Transamine (tranexamic acid) mixed in half a cup of water and placing moist gauze sprinkled with capsule transamin(tranexamic acid) for 30 minutes is one of the best measures to stop bleeding at home.
- Keep excellent oral hygiene. Keep brushing like normal and avoid the brushing on the extraction socket and one adjacent tooth on each side of the extracted tooth.

- Eat solid food only after the numbness wears off. Eating with numb lips and cheek may result in tongue or cheek bite resulting in soft tissue injury.

Instruction after Root Canal Treatment (RCT):

- Mild to moderate pain for a few days is expected after Root Canal Therapy (RCT) which is normal. The tooth may cause little pain on the bite for one week because of soft tissue healing which is normal.
- Take painkillers prescribed by your dentist. It is advised to take painkillers on a regular base to control pain.
- For severe pain and large swelling that is not responding to painkillers, call your dentist immediately.
- You should brush and floss your teeth, but make sure to be gentle around the treated area.
- Avoid chewing hard foods on RCT-treated teeth till final restoration like a permanent filling or a crown is placed.
- A full coverage restoration like crown or onlay is recommended after RCT to prevent tooth fracture. The tooth is weak after RCT because it has no blood supply to nourish the tooth so it becomes brittle. The tooth may suffer a traumatic bite from hard food like bone particles in food due to loss of nerve function in RCT. The RCT is mostly advised in grossly damaged teeth. These are the reasons mostly crown is needed after RCT in load-bearing molar and premolar.

- The RCT has a success rate of 90 per cent. The successful RCT is characterized by no pain and swelling after RCT and healing of periapical healing lesion on the radiograph.

Instruction after Dental Implant:

Dental implant surgery is a minor surgery equivalent to tooth extraction. The following precautions are needed after dental implant surgery.

- Bite on a sponge for 30 minutes to control bleeding.
- Avoid rinsing or spitting for 24 hours after dental implant surgery.
- Avoid touching the dental implant surgery area with your tongue and finger
- Mild pain and small swelling are normal after dental implant for 2 to 3 days. Use ice packs on the surgical area (side of the face) for the first 24 hours. This will provide relief from pain and prevent swelling.
- Take prescribed medication (painkillers and antibiotics) and mouthwash.
- Drink plenty of fluids and eat a soft diet for one week.
- Do not smoke for at least 2 to 3 days after Dental implant surgery.

- Avoid strenuous activity and exercise for at least 3–4 days after surgery.
- After the first 24 hours, use a warm salt water rinse following meals for the first week to flush out food particles in the surgical area.

Instruction after Fixed Braces (Orthodontics):

- Brush twice daily with toothpaste on your teeth thoroughly. Make sure to clean the orthodontics bracket and tooth parts above and below the bracket. Interproximal brushes are available to clean the tooth and orthodontics brackets thoroughly. Spit excessive toothpaste after brushing instead rinse with water. Use toothpaste slurry as mouthwash.
- Use fluoride mouthwash in the afternoon to provide fluoride exposure and prevent caries.
- Avoid hard food like corn. Cut food like apples into small pieces before eating.
- Avoid sticky food like chocolate and biscuits. Food with added sugar like cold drinks, and artificial juices should be avoided. These foods increase caries chances in braces patients. It is advised to take three main meals and two snacks. The Snack should be sugar-free.

- Mild to moderate pressure-like pain is normal at the start of braces and after activation each month. Such pain resolves within 2 to 3 days. Take painkillers as advised by your dentist.
- You may be provided with orthodontics wax to lessen the irritation of orthodontics brackets and wire at the start of braces.
- Contact your dentist for a loose wire or band or any irritating fixed braces apparatus.
- Visit your dentist regularly on appointment. Mostly initial 2 to 3 visits are required at the start of fixed braces after that you have to visit for 4 to 6 weeks.
- After completion of fixed braces, wear the retainer as advised by your dentist to prevent relapse.

Instruction after Clear Aligner (invisalign)

- Wear Aligner 20 to 22 hours a day .Remove aligner only for eating, brushing teeth.
- Each aligner is worn 2 to 3 week before moving to next aligner.
- Keep all aligner safe even after used till completion of full treatment. Sometime you may lose aligner in working and your teeth may start drifting in abnormal position. In this case best fitting previous aligner prevents teeth drifting till new aligner is available.

- If you lose aligner in active working and 2 to 3 days are required before shifting to next aligner, you can proceed to next aligner and add the previous aligner days in this aligner.
- Clean Aligner with brush once a day.
- Aligner are breakable .Use it with care. Do not bite over it. Replacement is costly and prolongs treatment time.
- If aligner attachment comes off from your teeth, visit your dentist for reattachment.
- Little pressure like pain is felt 2 to 3 days on wearing aligner that is normal.
- Little spaces may appear between while teeth are moving during aligner treatment that is normal .These spaces will close at end of treatment.
- After Completion of Treatment you will be provided retainer aligner or fixed retainer to prevent relapse.

Instructions after Teeth Whitening (Bleaching):

- Do not smoke for 48 hours.
- Avoid stain-causing diets like red sauce, coffee, tea etc for a few days.
- Transient teeth sensitivity during bleaching is felt in a few patients. Sensitivity subsides after teeth bleaching. Your dentist will prescribe toothpaste or mouthwash to control sensitivity.

- The longevity of teeth bleaching results varies from patient to patient. In general Teeth whitening results stay for 7 to 15 years. The bleaching results decrease gradually with 70 per cent of bleaching results staying up to 5 years and decrease gradually. The age of the patient, pre-bleaching original teeth shade, quality of oral hygiene, diet habits like use of staining causing drinks like coffee, tea and smoking habits play an important role in how long the bleaching result stays.
- Teeth bleaching whiten your teeth but not any tooth filling or crown in the aesthetics zone. Your teeth filling or crown look dull as compared to bleached teeth. You have to get a new filling or crown to match the shade with bleached teeth.
- Bleaching lightens the shade of your teeth to enhance your smile. After bleaching you will see significant improvement in teeth shade enhancement. It is unrealistic you will get full white teeth after bleaching.
- For at-home bleaching, you will be provided bleaching trays and bleaching tubes containing carbamide peroxide. You will place a very small amount of bleaching agents on the facial side bleaching tray and wear tray. Excess bleaching agents can be wiped off with tissue paper. You have to wear the tray for 6 to 8 hours per for teeth bleaching. After 8 hours you will remove the tray, wash it and keep it in a safe place to be used on next day. It takes a minimum of 10 days for

at-home bleaching to give significant esthetic results. Night-time tray wear is preferred but can be worn at any time depending upon your ease.

Instruction after Teeth Veneer:

- Do regular brush and floss the teeth and veneer. Pay special attention to brush the gum line where the veneer meets with gum because it is a vulnerable area for plaque deposit.
- Get regular scaling and polishing (professional teeth cleaning) by your dentist. Special precaution is taken during ultrasonic cleaning to prevent the chip of tooth veneer. It is advised to avoid ultrasonic cleaner, prophylaxis brush or cup with pumice, and air abrasive polishing system. The use of diamond polishing paste or aluminium oxide polishing paste with a rubber cup is advised.
- Use fluoride toothpaste two times a day and get professional fluoride application from your dentist 2 to 3 times a year. Neutral Fluoride such as fluoride varnish is advised. Acidulated phosphorus fluoride and stannous fluoride should be avoided.
- Avoid parfunction habits like nail biting, ice chewing and teeth clenching. These activities may result in veneer fracture. An occlusion guard is provided to protect porcelain veneer fractures in patients with bruxism and par function habits.

- Avoid high-staining diets like coffee and tea. Smoking may also stain the veneer, especially at the margin. You may need professional cleaning to remove stains.
- Sensitivity after tooth preparation for veneer is normal and will disappear when veneer is placed on teeth.
- If you feel an uneven bite, contact your dentist for adjustment. In the rare case of veneer failure may be a veneer fracture, chip of veneer and veneer deboned, contact your dentist.

Instruction after Teeth Filling (Restoration):

Composite Resin Filling:

- Composite Filling is fully set (hard) so you can eat when you leave the dental clinic. Light or laser is used for setting reaction of composite resin that immediately sets(hardens)the soft composite.
- In the case where local anaesthesia is used to numb the tooth, wait till the anaesthesia wears off before eating a solid diet so that you do not bite on your tongue, lip or cheek.
- Sensitivity to cold is common for a few days. It will settle down.
- Take care of filling like natural teeth. Keep Excellent hygienic and brush and floss the teeth to prolong the life of the filling.
- The decayed tooth is restored with filling material, it may feel slightly different contoured that is normal.
- Avoid biting hard food directly for filling and cut the hard food like apples into pieces before eating.
- Contact your dentist if your bite is significantly different, difficulty in chewing, moderate to severe pain and rough filling surface.

Silver Amalgam Filling:

- The amalgam filling sets slowly and takes 24 hours to set fully. Eat a soft diet for the first hour. After one hour you can eat a solid diet from the opposite side. Avoid eating

directly from newly filling amalgam filling for the first 24 hours.

- Eat after local anaesthesia effects (numbness) diminish. Eating with a numb lip or cheek may result in cheek biting.
- Sensitivity after Silver Amalgam filling is normal for a few days and it should decrease gradually.
- Your all teeth should meet normally after tooth filling like before filling. If you feel an uneven bite or first bite on the restored tooth (High Spot), contact your dentist for adjustment.
- Brush and clean the filled teeth to prolong the life of the filling and tooth. Silver amalgam is the most durable material but still, teeth may decay again.

Glass Incomer (GIC) Filling:

- Avoid rinse and don't take any liquid or solid diet for 30 minutes.
- In some cases, you may feel Sensitivity after GIC filling which is normal for a few days.
- Eat after numbness ends to avoid biting on the cheek and lip.
- Do regular brush and floss. It prevents future decay of the tooth and prolongs the life of the tooth and filling.

- If feel discomfort, pain or uneven bite, Contact your dentist.

Instruction after Crown and Fixed Teeth (Dental Bridge):

- Your teeth are prepared to receive crown and bridge. The teeth are prepared 0.5 mm to 1 mm depending upon the part of the tooth being prepared and the material used in crown and bridge manufacture
- .Your teeth may have sensitivity for a few days which is normal. The sensitivity decreases gradually after the crown or bridge is placed in a few days.
- Crown and Bridge may take two to three visits. Your dentist may place temporary restoration if required.
- Avoid chewing solid food for 30 minutes after crown and bridge placement. After that eat from opposite side for 24 hours. After 24 hours you can eat solid food from Crown and Bridge.
- It may take a few days to adjust teeth bite (occlusion). If significant difficulty in chewing or need bite adjustment, contact your dentist.

- Brush twice a day. Remove plaque, especially near the gum line to prevent gum inflammation (gingivitis) and tooth decay.
- Avoid sticky (e.g. gum, candies) and hard food (e.g. Corn) that may dislodge crown or bridge. Cut the
- Avoid parfunction habits like clenching teeth and bruxism. Use a crown and bridge only for eating food. Don't use a crown and bridge for breaking nuts etc.
- In rare events, a crown or bridge may dislodge after years of functioning. You keep the crown and bridge safe and visit the dentist.

Instruction after Denture:

- New dentures require a period of adjustment time to get used to it. For the first 2 to 3 days eat only a soft diet and let the denture adjust. If feel any pain, Contact your dentist for adjustment. After that start eating a solid diet.
- At the start of denture wearing, you may have little difficulty in speech. You will soon get used to it.

- If you feel an uneven bite or any irritation from the denture, contact your dentist.
- Remove the denture after every meal and wash it with simple water.
- After every night when going to bed, remove the denture.
- A soft brush with gentle action with toothpaste or soap to clean dentures.
- After cleaning the denture by brushing, place the denture for 10 minutes in Chlorhexidine mouthwash solution in a cup.
- Remove the denture from mouthwash solution, wash it and store it in simple water.
- Take denture from water in the morning and use it.

Instructions after Scaling and Polishing:

Teeth cleaning, scaling, and polishing is the procedure to remove plaque, tartar, calculus, and stains from teeth and smooth the teeth surface for healthy gum attachment. After scaling take the following precaution:

- Dentin Hypersensitivity for a few days after scaling is normal and will subside within a few days. Avoids taking too hot or cold drinks or beverages for a few days. After scaling and polishing, fluoride varnish relieves sensitivity instantly. You may be prescribed at home use toothpaste or mouthwash for sensitivity control.

- Use mouthwash or salt water gargle to promote gum healing.
- Do regular brushing and flossing after scaling and polishing.
- Avoid smoking for 24 hours at least.
- Mild bleeding on brushing is normal for 2 to 3 days after scaling. It takes little time for unhealthy gum to become healthy.

Instruction after Fluoride Application:

Fluoride varnish deposits a protective layer on teeth to protect teeth from decay and repairs initial caries. Fluoride varnish also relieves dentin hypersensitivity. To be fully effective, the patient should take the following precautions:

- Immediately after fluoride varnish, you can spit but not rinse with water.
- Avoid any diet (soft or hard) for 30 minutes. After 30 minutes you can take a liquid diet.
- Avoid hot drinks like tea, coffee, soup, and hot chocolate for 6 hours.
- Avoid alcohol-based mouthwash or rinse for 6 hours.
- Avoids hard and sticky food for 6 hours.
- After 6 hours, you can take solid food.
- It's advised to avoid brushing your teeth for 24 hours.

