

AFTER HOURS / EMERGENCIES :
(702) 731-5700

AFTERCARE FOLLOWING YOUR DENTAL VISIT

•Following these simple guidelines for proper care after your dental treatment can help minimize discomfort.

•Should you have questions regarding your aftercare, contact our office.

Please keep your scheduled appointments.

•Regular oral health checkups as recommended by your dentist will detect minor problems before they develop into major concerns.

Patient Name: _____

Aftercare Instructions :

Tooth Extractions :

- Some bleeding is normal following tooth extraction. Applying gentle pressure for 20-30 minutes by biting on a sterile gauze pad or a tea bag will help control bleeding. Repeat as needed.
- Take prescription medication and/or analgesic tablets as directed by your dentist or oral surgeon.
- Avoid disturbing the extraction site. Chew on the opposite side for 24 hours. Do not drink carbonated beverages, lie down flat, spit, smoke or suck liquids through a straw.
- Apply an ice pack to the outside of the face, next to the extraction site to help control soreness and swelling. Alternate 20 minutes on and 20 minutes off.
- Brush and floss gently. Avoid all rinsing with mouthwash for 24 hours after extraction. Rinse with warm salty water after 24 hours

Amalgam (silver) or Composite (white) Restorations (fillings):

- Do not bite hard or chew on new amalgam fillings the same day they are placed. Composite fillings are already set, and chewing is permissible.
- Rinse your mouth with warm, salty water to relieve any soreness in gums.
- Exercise care in chewing until numbness from injection wears off. Children especially, should be monitored closely.
- If you experience sensitivity to cold following restoration, It should subside within two to three days. If sensitivity persists, contact our office.

Fill in blanks:

1. For discomfort, use _____
or _____
2. Follow-up appointment _____
Special instructions: _____

CALL US IMMEDIATELY TO REPORT ANYTHING UNUSUAL!

Contact our office if you experience any of the following:

- | | |
|----------------------------------------------------------|-------------------------------------------------------------|
| ▪ Unusual pain | ▪ Persistent sensitivity to heat/cold |
| ▪ Bleeding that does not subside following an extraction | ▪ Swelling or redness around extraction site after one week |

I acknowledge that I have received and understand the above instructions on Aftercare Procedures following tooth extraction or restoration.

I have also been informed of the necessity for periodic examinations to monitor my dental health.

Patient Signature

Date