



POST-OPERATIVE INSTRUCTIONS:

***DO NOT DISTURB THE WOUND:** In doing so you may invite irritation, infection and/or bleeding. Be sure to chew on the opposite side for 24 hrs and keep anything sharp from entering the wound (i.e. eating utensils etc).

***DO NOT SMOKE FOR 12 HOURS:** Smoking will promote bleeding and interfere with healing.

***BRUSHING:** Do not brush your teeth for the first 8 hours after surgery. After, you may brush your teeth gently, but avoid the area of surgery.

***MOUTH WASH:** Avoid all rinsing for 24 hours after extraction. This is to insure the formation of a healing clot, which is essential for proper wound healing. Disturbance of this clot can lead to increased bleeding or the loss of the clot. If the clot is lost, a painful condition called dry socket may occur. You may use salt water or mild antiseptic rinses after 24 hours. ¼ tsp of salt to 8oz of water.

***DO NOT SPIT OR SUCK THROUGH A STRAW:** This will promote bleeding and may dislodge the blood clot causing a dry socket.

***BLEEDING:** When you leave the office, you will be given verbal instructions regarding the control of postoperative bleeding. A rolled up gauze pad will be placed on the extraction site and you will be asked to change this dressing every 20 minutes or so depending on the amount of bleeding that is occurring. It is normal for some blood to ooze from the area of the surgery. If excessive bleeding continues you may place a moistened tea bag over the wound and bite down with gentle pressure. Tea contains tannic acid, a styptic, which may help to reduce the bleeding.

***PAIN:** Some discomfort is normal after surgery. Analgesic tablets (i.e. Aspirin, Tylenol etc.) may be taken under the dentist instructions. Prescription medication, which may have been given to you, should also be taken as directed.

***SWELLING:** To prevent swelling, apply an ice pack or a cold towel to the outside of your face in the area of the extraction during the first 12 hours. Apply alternately, 20 minutes on 20 minutes off, for an hour or longer if necessary.

***DIET:** Eat normal regular meals as soon as you are able after surgery. Cold soft foods such as ice cream or yogurt may be most comfortable for the first day. It is important to drink plenty of fluids.

REPORT ANY UNUSUAL OCCURRENCES IMMEDIATELY! 610-841-7555



Post-Op Instructions Following Denture or Partial Delivery

*Dentures and partials will often need several adjustments in order to fit comfortably.

*To help yourself adjust to your dentures/partial you can practice reading aloud for a little while each day.

*Dentures/partial should be removed overnight or for at least 6 hours a day to give your mouth and gums time to rest.

*At night you should remove your dentures/partial and clean them. They should be stored in a clean container filled with denture cleaning solution.

*Food particles can become trapped under dentures/partial causing inflammation or sore spots. Lightly brush the roof of your mouth, your tongue, and your gums after removing your dentures/partial.

*You may have discomfort for a few days after receiving your final dentures or partial.

Ongoing Care:

*Brush your teeth and the surrounding tissues after every meal and snack and floss at least once a day before bedtime. If you have full dentures, brushing the dentures daily is very important.

*Rinsing your mouth with water or mouthwash will help to remove any additional particles that may have missed during brushing and flossing.

*Make sure to visit our office at least once a year to have your dentures or partial adjusted and checked by the doctor. Wearing ill-fitting dentures or partial without proper care and adjustment can cause bone loss in the jaw area and oral disease.

***Please call our office if you are experiencing ongoing pain or discomfort or if you have any concerns regarding your denture or partial. (610)841-7555.**



Post OP Instructions for Implants and Bone Grafts

*No smoking for the next 5-7 days

*Do not pull or lift on the lip to look at sutures (stitches). This can cause pressure to tear the sutures.

*Do not apply pressure with your tongue or fingers. The material is movable during the initial healing.

(a) You may expect to find small granules in your mouth for the first several days.

*No heavy exercise for the next 2 weeks.

*No hot, acidic, or spicy foods.

(a) orange juice, tomato sauce, salsa

*No alcohol for 1 week.

*No spitting, drinking from a straw, or vigorous rinsing.

*For the first 24 hours please try to lay still.

*Place Peridex gauze on surgical area for 30 minutes after you eat for the next 2 weeks.

* Keep Peridex gauze on the surgical area for 30 minutes following surgery.

*After 24 hours hold Peridex in your mouth for 1 minute, then let it flow out of your mouth. Do not spit it out, nor swish with it. Repeat the prescribed number of times per day.

*Place an ice pack on your face for 20 minutes on and then 20 minutes off for the first 24 hours. After 24 hours follow up with heat 20 minutes on then 20 minutes off.

*Sleep with extra pillows behind your neck or back. Please sleep in this elevated position for the next 2 days.

*Do not blow your nose or sneeze. If congested please take Afrin.

*Oozing is normal for the next 24 hours.

***Notify the office at (610)841-7555 if:**

- (a) A suture falls out within the first 3 days.**
- (b) If a bandage that has been placed should loosen within the first 3 days.**
- (c) If a large amount of granules are lost from the surgical site.**
- (d) If your medications do not relieve your discomfort.**
- (e) If you start having bad taste, funny smells, or unusual swelling.**



TEETH WHITENING INSTRUCTIONS

FOR PROFESSIONAL BLEACHING GEL AND TAKE HOME TRAYS

Please read before using tooth whitening gel.

Dental Work: Tooth whitening (bleach) gel will only whiten natural teeth. It will NOT bleach (whiten), nor harm: bonding, caps, crowns, bridges, fillings or any other artificial dental work. You may need to have the dentistry redone in order to match your new white teeth. Tetracycline (an antibiotic) stained teeth or grayish teeth are more difficult to bleach and have a varied prognosis. Exposed root portion of teeth which occurs with gum recession will also not bleach. If you have any amalgams (silver fillings) in, near or behind the front teeth, long-term bleaching may cause the surrounding tooth to have a greenish tinge. Bleaching teeth which have a lot of translucency (see through) can cause the teeth to become even more translucent and may give the tooth a darker appearance. It is important to consult with the dentist if you have any or the above concerns.

Sensitivity: Your teeth or gums will most likely become sensitive. This is common while using all products containing peroxide based gels and it is not harmful. In case of increased sensitivity, reduce usage time and/or frequency until the sensitivity subsides.

Warnings: Keep bleach gel out of the reach of children and pets. Do NOT use it if pregnant or nursing. Do NOT smoke, drink or eat while bleaching your teeth.

Do NOT eat anything that will stain your teeth for one hour after whitening. If it stains your clothing, it will stain your teeth. (Smoking, red wine, berries, coffee/tea, etc.)

INSTRUCTIONS FOR PROFESSIONAL WHITENING TAKE-HOME TRAYS

It is Important that you apply the teeth whitening gel properly so you do not waste the gel and to experience the least amount of sensitivity while bleaching.

1. PRIOR TREATMENT:

Brush and floss, just prior to bleaching your teeth. The whitening gel is most effective with clean teeth. Try the trays first, without any bleach to check the fit and comfort. Make sure the bleach trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process.

2. APPLYING THE BLEACHING GEL:

Place a SMALL drop of the tooth whitening gel half-way up on the inner front surface of the tray (in the front of each tooth in the tray). When you apply the gel make sure not to over fill the trays. Do not spread the bleach around. Recap the syringe for subsequent uses. Discard the syringe once empty. The average treatment per arch requires approximately 0.5 ml of whitening gel.

3. INSERTING THE BLEACH TRAYS:

Insert whitening trays in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe the excess gel, which seeps over the brim of the tray onto your gums, by holding the tray up with one hand and whipping the gums with a tissue. Wear the tray as directed below.

4. WEARING TIME:

We recommend that you wear trays for 30 minutes, two times a day, until you reach the desired shade you want your teeth.

5. AFTER WHITENING:

Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning. Apply desensitizing gel if your teeth become too sensitive- follow steps 1 through 4 again using the desensitizing gel as needed.

6. CARING FOR YOUR TRAYS AND GEL:

Clean whitening trays with a toothbrush or Q-tip and warm water. Store all in the refrigerator. The gel may be refrigerated to prolong the shelf life, but do not freeze.

Shelf life of bleach solution (gel) is 1 year unrefrigerated and 2 years refrigerated. Use only in accordance with these directions.

Please contact us should you have any questions 610-841-7555.

Tran Dental

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Botox POST-TREATMENT INSTRUCTIONS

The guidelines to follow post treatment have been followed for years, and are still employed today to prevent the possible side effects of ptosis (drooping of the eyelids). These measures should minimize the possibility of ptosis.

- No straining, heavy lifting, vigorous exercise for 3-4 hours following treatment. It is now known that it takes the toxin approximately two (2) hours to bind itself to the nerve to start its work, and because we do not want to increase circulation to that area to wash away the Botox from where it was injected.
- Avoid manipulation of the area for 3-4 hours following treatment. (For the same reasons listed above.) This includes not doing a facial peel, or microdermabrasion after treatment with Botox. It can be done the same day only if done before the Botox.
- Facial exercises in the injected areas are recommended for one (1)-hour following the treatment. This is to stimulate the binding of the toxin only to the localized area.
- It can take 2-10 days to take full effect. It is recommended that the patient contact the office no later than two (2) weeks after the treatment if desired effect was not achieved and no sooner to give the toxin time to work.

Makeup may be applied before leaving the office.

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Dermal Filler POST-TREATMENT INSTRUCTIONS

DO NOT: Touch, press, rub or manipulate the implanted areas for the rest of the day after treatment. Avoid kissing, puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material. You can cause irritation, sores, and/or possible problems and scarring if you do.

AVOID: Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or other essential fatty acids at least three (3) days after treatment.

AVOID: Alcohol, caffeine, Niacin supplement, high sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours after your treatment.

AVOID: Vigorous exercise, sun and heat exposure for three (3) days after treatment.

DISCONTINUE: Retin two (2) days after treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules.

One side may heal faster than the other side.

You can expect some bruising and swelling around the areas that were injected. Apply ice for the first hour after treatment for ten minutes on and ten minutes off.

You must wait two (2) weeks before enhancements.

*****Please report any redness, blisters, or itching immediately if it occurs after treatment.*****

I certify that I have been counseled in post-treatment instructions and have been given written instructions as well.

Patient Signature

Date



Night Guard Care

Night Guards are designed to alleviate the pain and damage caused by bruxism (clenching or grinding of the teeth). Not to be used as an athletic sport guard.

Cleaning Procedures:

- Brush and floss your teeth before inserting the device.
- Do NOT eat or drink while guard is in mouth.
- Rinse guard well with clean, cool water before and after use.
- Clean the guard with clean, cool water ONLY and let air dry.
- Bring guard to all dental appointments to assure guard is fitting properly.

Warning:

- Use only clear, cool water to wash the device.
- Do NOT clean or soak in mouthwash.
- Do NOT use a denture cleanser.
- Do NOT use hot water.
- Do NOT use alcohol or hydrogen peroxide.
- Do NOT place it in direct sunlight. Keep away from heat sources.
- Do NOT place it in the dishwasher to clean.

If the guard becomes loose, tight, causes discomfort, or becomes broken, please schedule an appointment with us immediately. **(610)841-7555**