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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 hours 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 blood clot, which is essential for proper wound healing. Disturbance of this clot can lead to increased bleeding or the loss of the blood clot. If the clot is lost, a painful condition called dry socket may occur. You may use warm 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 so 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 dentists instructions. Prescription medication, which may have been given to you, should also be taken as directed. If pain continues, call your dentist.
- **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 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!

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 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 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 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 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.

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PINHOLE POST-OP INSTRUCTIONS FOR 6 WEEKS

1. NO BRUSHING OVER SURGICAL SITE(S). Do not use cotton swabs, cloth or any soft or hard object to clean the area.
2. NO FLOSSING (*Water-Pik ONLY from tongue-side or inside on low*)
3. NO TOUCHING: with finger or any other device or object.
4. Do not lick the surgical area.
5. Do not sleep on the side where the surgery was done. If you have both sides done, sleep on your back.
6. NO facial massages for 3 weeks and do not massage that area of the face for any reason.
7. NO LOOKING: Do not obsess over or question Doctor about appearance of gums for 6 weeks. You cannot look without pulling cheek.
8. RINSE ONLY WITH LIPS APART: SLOSHING ONLY (NO chipmunk cheeks when you rinse.)
9. Do not play wind instruments for 3 weeks. Do not blow balloons.
10. Do not suck on food/straws and no spitting.
11. NO mints, chewing gum over surgical area.
12. DO NOT EAT crunchy or sticky food (like bread) that can get stuck in between your teeth.
13. NO scalding hot drinks (tea, coffee, water, hot soups).
14. NO alcohol for at least 1 week.
15. NO smoking, no electric cigarettes, chewing tobacco, cigar, pipe or smoking marijuana for at least 6 months. Please consult your doctor if you need to use marijuana or inhalants.
16. Wear 24-hr appliance or night guard as prescribed (if recommended by the doctor). Failure to wear appliance may cause relapse. Check with your doctor if you wear any other appliances (e.g., retainers, Invisalign, Perio-Protect)
17. NO triclosan, hydrogen peroxide, bleach or any mouth rinse not approved by Doctor. (Coconut oil, holistic mouth rinses, or homeopath remedy used only with permission of Doctor).
18. NO clenching or grinding teeth (No heavy lifting that requires clenching of the teeth).
19. NO heavy aerobics or vigorous exercising/dancing or physical activity for 3 weeks. (Walking or Non-strenuous activities are okay.)
20. NO facial device such as snorkeling or CPAP for 2 months. Consult with Doctor in case of CPAP.
21. ICE OVER AREA at 10 minute intervals for the first 48 hours to minimize swelling.
22. DO NOT BE ALARMED ABOUT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK.
23. EXPECT cold sensitivity for 6 weeks or longer. DO REPORT sensitivity during check-up appointments.
24. PAIN CONTROL – take one of each acetaminophen (Tylenol) and NSAID (Motrin or Advil) at the same time, subject to other instructions by doctor.
25. **CALL DOCTOR IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, HEAT OR ABNORMAL SENSATION AT SURGICAL SITE.**
26. Patient MUST return to our office 24 hours after surgery, 1 week after surgery, 3 weeks after surgery, and 6 weeks after surgery.
27. After the 6th week you may brush surgical area with an extra-soft brush dispensed by this office for 6 months.
28. Do not press the phone against your face.

PATIENT SIGNATURE: _____ DATE: _____ (day of surgery)

FOLLOW-UP APPOINTS: DATE: _____ (next day) DATE: _____ (1 week)

DATE: _____ (3 weeks) DATE: _____ (6 week)

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**TEETH WHITENING INSTRUCTIONS
FOR PROFESSIONAL BLEACHING GEL AND TAKE HOME WHITENING TRAYS**

Please read before using tooth whitening gel.

Dental Work: Tooth Whitening (bleaching) 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 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 of 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 bleaching gel out of reach of children and pets. Do NOT use 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 will stain 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 TO TREATMENT:

Brush and floss, just prior to bleaching your teeth. The whitening gel is most effective with clean teeth. Try the trays in first, without any bleach to check the fit and comfort. Make sure

the bleaching 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 tooth whitening gel half-way up on the inner front surface of 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 0.5ml of whitening gel.

3. INSERTING THE BLEACHING TRAYS:

Insert whitening tray 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 trays in the tray holder and gel in cool dry place away from heat and direct sunlight. The gel may be refrigerated to prolong the shelf life, but do not freeze.

Shelf life of bleaching solution (gel) is 1 year un-refrigerated and 2 years refrigerated. Use only in accordance with these instructions.