

Lexington Dental Care

Post-visit instructions

Anesthesia

While your mouth is numb, you'll want to be careful not to bite your cheek, lip or tongue. The numbness will subside after a few hours.

Bleeding

Slight bleeding of the gums or blood clotting is to be expected for the first 48 hours after the procedure.

Discomfort

It's common to have pain to hot, cold, sweets, and pressure for a few days after the procedure. For the discomfort, take two Tylenol or Advil before the anesthetic wears off. Then, for the next two days, take pain medication as needed every four hours. If pain continues longer than two weeks or gets worse over time, please contact the office.

Diet

Avoid spicy foods, hard and chewy foods, popcorn and small seeds such as sesame and poppy for 24 hours. Avoid very hot or cold foods or drinks. Avoid smoking or drinking alcohol for 48 hours.

Oral Hygiene

For the first 24 hours brush with just warm water, without tooth paste. You may also use the Waterpik or floss gently. Gentle but thorough brushing, waterpiking and flossing can help faster healing. Use the Waterpik on low, After 24 hours

Gum Changes

It is important that you be aware that there may be gum changes after the procedure. As the gums heal and the inflammation resolves, the gums will become tighter around the neck of the teeth. As the gum gets tighter, you may notice spaces developing between the teeth. This occurs because the inflamed and unhealthy gums have masked the bone loss that has occurred between the teeth as a consequence to the gum disease. If these spaces become of concern cosmetically or a food impaction problem, please call the office for a consult with the doctor. The Doctor can review with you options for filling in these spaces.

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