AFTER-CARE INSTRUCTIONS FOLLOWING

DENTAL TREATMENTS

YOUR COMFORT I SAFETY I HEALING ARE OUR PRIORITY

AKSU CLINIC

DENTAL ART

AFTER DENTAL IMPLANT SURGERY 1



- **Bleeding:**

Mild bleeding during the first 24 hours is normal.
Bite gently on the sterile gauze for 20–30 minutes.
Avoid spitting, rinsing, or sucking through a straw in the first 24 hours.

- **Swelling:**

Swelling typically starts within the first 24 hours and may last 2–3 days.
Apply cold compresses to your cheek for 10 minutes on, 10 minutes off during the first day.

- **Pain Management:**

Take your prescribed painkillers on time,do not wait for pain to increase.
If pain or swelling worsens after 3–4 days, contact the clinic.

- **Oral Hygiene:**

Do NOT rinse your mouth or brush the surgical area for the first 24 hours.
From day 2, gently rinse with the prescribed mouthwash twice daily.
Brush the rest of your teeth normally.

- **Food & Drink:**

Avoid hot, spicy, or hard foods for 3 days.
Choose soft, lukewarm foods
(soups, mashed potatoes, yogurt, etc.).
Do not smoke or consume alcohol for at least 7 days.

- **Stitches:**

Stitches are removed 7–10 days after surgery (unless dissolvable).
If a stitch becomes loose, this is usually normal contact us if unsure.

AFTER SINUS LIFT OR BONE GRAFTING 2

- Do not blow your nose or sneeze with your mouth closed for 2 weeks.
- Avoid using a straw, smoking, or creating suction inside the mouth.
- Sleep with your head elevated for the first few nights.
- Mild nose bleeding or pressure in the sinuses is normal.
- Take antibiotics exactly as prescribed.
- If fluid leaks from the nose or swelling increases, contact the clinic immediately.

3 AFTER TOOTH FILLING OR PREPARATION FOR CROWNS/VENEERS

- Avoid eating or drinking for 3 hours after treatment.
- Sensitivity to cold or heat is normal for several days.
- If your bite feels uneven once anesthesia wears off, contact us.
- Avoid sticky foods (chewing gum, caramel) on temporary fillings or crowns.
- Keep the area clean using gentle brushing and flossing.



Your smile is our signature

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4 TEMPORARY CROWNS TEMPORARY DENTURES

- Brush and rinse carefully around your temporary teeth.
- Avoid very hard or sticky foods that could loosen the temporary restoration.
- Do not sleep with removable temporary prostheses. If a temporary crown or denture falls out, contact us immediately for recementation.
- Slight gum sensitivity or white residues are normal and temporary.



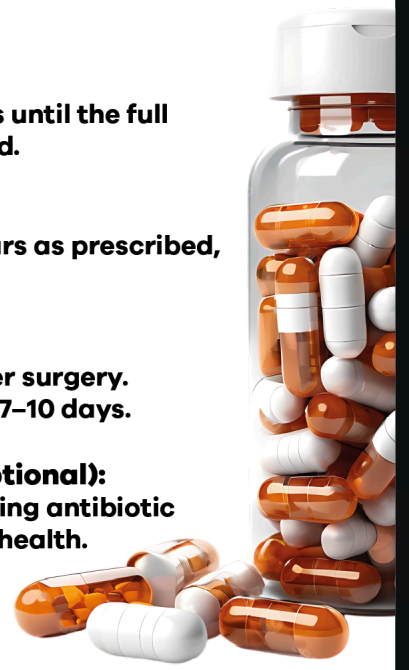
5 AFTER YOUR FINAL "NEW SMILE"

PERMANENT CROWNS OR VENEERS

- Avoid eating and drinking for 3 hours after cementation.
- Mild sensitivity may last a few days this is normal.
- Maintain excellent oral hygiene:
  - Brush twice daily
  - Use dental floss or interdental brushes
  - Avoid biting hard objects, opening bottles, or chewing very hard foods.
  - Visit your dentist once a year for professional cleaning and check-ups.
  - If you feel pressure, discomfort, or a change in bite, contact the clinic.

6 MEDICATION GUIDELINES

- **Antibiotics:**
  Take every 12 hours until the full course is completed.
- **Painkillers:**
  Take every 6–8 hours as prescribed, with food.
- **Mouthwash:**
  Begin 24 hours after surgery.
  Use twice daily for 7–10 days.
- **Probiotics (optional):**
  Recommended during antibiotic use to support gut health.



7 GENERAL RECOMMENDATIONS

- Maintain excellent oral hygiene for fast and smooth healing.
- Avoid smoking, as it slows healing and increases infection risk.
- Stay hydrated and get sufficient rest.
- Contact the clinic immediately if you experience:
  - Severe pain
  - Excessive bleeding
  - Persistent swelling
  - Fever
  - Any unusual symptoms