

## **Post-Procedural Information:**

If you have any questions about any procedure, symptom, or condition, please call us at (781) 233-0344.

### **Tooth Bleaching/Teeth Whitening:**

- It's common for teeth to be sensitive for a few days after office bleaching. Patients might describe this sensitivity as a momentary tingling or stinging sensation. This is a common post-procedural symptom that usually goes away within a few days.
- After the bleaching procedure, use a fluoride mouthwash like "ACT" or "Fluorigard," or a fluoride toothpaste like "Fluoridex," several times a day, for one week. Avoid tobacco, coffee, tea, and dark-colored sodas and staining foods. If you must indulge, drink a glass of water immediately afterward to minimize staining effects.

### **Take-Home Kits.**

#### **With At-Home Bleaching Kits Remember:**

- Teeth are naturally darker along the gum line. These areas require more time to lighten than the rest of the tooth.
- Some patients experience sensitivity with bleaching. Should this occur, bleach every other night. You may also use the whitening during the day for 1–3 hours at a time.
- Foods and juices high in citric acid can cause teeth sensitivity.
- Some patients notice temporary discomfort of the gums, lips, throat, or tongue. Should any of these symptoms persist for more than two days or progressively worsen, call our office. The side effects will usually subside within 1–3 days after treatment is discontinued.
- Coffee, tobacco, and other products can re-stain your teeth over time. Should this occur, the teeth can be re-whitened with a few nights.
- Regular dental checkups and cleanings are important before and after teeth whitening to maintain a healthy smile.
- Old amalgams (silver fillings) may leave a dark purple color in your whitening tray.
- Some patients notice "blotching" of the teeth after removing the teeth-whitening gel; do not be alarmed: this is normal and will go away within 30–60 minutes.

## **Dental Implant Surgery: Post-Operative Information.**

Please follow these instructions:

### **Immediate care after surgery:**

- DO NOT smoke, spit, nor drink through a straw. These activities may dislodge the newly formed clot, which may cause bleeding from your surgical site.
- Avoid hot, spicy, or hard food for at least two weeks after surgery.
- Eat a soft diet that is high in protein.
- Drink plenty of fluids.
- An ice pack should be placed on your face for 15-minute intervals for up to two hours after the surgery. After each 15-minute interval, rest (don't apply the ice pack) for 10 minutes.

### **Pain, swelling, bruising, and discomfort:**

- Pain, swelling, bruising, and discomfort are all possible after surgery.
- Avoid strenuous work or exercise (including yoga, Pilates, and heavy lifting).
- Take prescribed pain medication as directed by your doctor.
- If pain is acute (of sudden onset), and persists, call your doctor immediately.

### **Bleeding:**

- It is normal for the surgical site to have some residual bleeding for a few hours after surgery.
- If there is bleeding, apply direct pressure to the bleeding area by biting gauze for at least 15 minutes.

### **Brushing and rinsing:**

- Do not brush near surgical sites.
- With medicated rinses, do not rinse vigorously; in your mouth hold the Peridex over the surgical site.
- Do not spit Peridex; drool the rinse out of your mouth into the sink.

### **Post-operative visit:**

- It's very important to keep post-operative visits so that we can ensure that the implant is healing well.