



Post-Operative Instructions

SBM Dental Hospital & Implant Center

Advanced Dental Care | Implants | Aligners | Laser Dentistry

Proper care after dental treatment is essential for healing, comfort, and long-term success of the procedure. Please follow the instructions below carefully. Contact the clinic immediately if you experience unusual pain, swelling, or bleeding.

General Post Treatment Care

- Avoid eating until numbness wears off to prevent accidental biting of lips or cheeks.
- Take prescribed medications exactly as advised.
- Mild discomfort or sensitivity is normal for 2–3 days.
- Avoid touching or disturbing the treated area with tongue or fingers.

Diet Instructions

- Consume soft and lukewarm foods for the first 24 hours.
- Avoid hot, spicy, crunchy, or hard foods immediately after treatment.
- Drink plenty of fluids but avoid using straws after surgical procedures.
- Avoid alcohol for at least 24–48 hours.

Oral Hygiene

- Continue gentle brushing while avoiding the treated area on the first day.
- Rinse gently with prescribed mouthwash or warm salt water after 24 hours if advised.
- Maintain good oral hygiene to promote faster healing.

After Dental Implant Surgery

- Apply cold compress externally for 10 minutes on and 10 minutes off during the first 6–8 hours.
- Do not spit forcefully or rinse vigorously for 24 hours.
- Avoid smoking for at least 5–7 days as it delays healing.
- Sleep with head slightly elevated on the first night.

After Root Canal Treatment (RCT)

- Avoid chewing on the treated tooth until permanent crown placement.
- Mild tenderness while biting is normal for a few days.
- Report severe pain or swelling immediately.

After Tooth Extraction / Oral Surgery

- Bite firmly on gauze for 30–45 minutes to control bleeding.
- Do not rinse, spit, or use a straw for 24 hours to avoid dry socket.
- Apply ice pack to reduce swelling.

- Avoid smoking and strenuous activity for 48 hours.

After Clear Aligners / Orthodontic Procedures

- Wear aligners as instructed (usually 20–22 hours daily).
- Mild pressure or soreness for a few days is normal.
- Remove aligners only while eating and brushing.
- Clean aligners regularly using recommended cleaning methods.

When to Contact the Dentist Immediately

- Persistent bleeding that does not stop after applying pressure.
- Severe swelling, fever, or increasing pain after 2–3 days.
- Allergic reactions such as rash or breathing difficulty.
- Implant or restoration feeling loose.

Patient Acknowledgment

I confirm that I have received and understood the post-operative instructions provided by SBM Dental Hospital & Implant Center and agree to follow them for proper healing.

Patient Name: _____

Date: _____

Signature: _____

Doctor Name: _____

Doctor Signature: _____

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For emergencies contact SBM Dental Hospital