

Post-Treatment Care Instructions

Date: _____

Patient Name: _____

Procedure: _____

Dear [Patient Name],

We hope this message finds you well. Following your recent dental procedure, it's important to adhere to specific care instructions to ensure proper healing and to minimize discomfort. Please read the following instructions carefully:

1. Pain Management

If you experience any discomfort, you may take over-the-counter pain relievers as directed. Do not exceed the recommended dosage.

2. Diet

Avoid hard, crunchy, or hot foods for the next 24 hours. Stick to soft foods such as yogurt, mashed potatoes, and smoothies.

3. Oral Hygiene

Continue brushing and flossing, but be gentle around the treatment area. Rinse your mouth with warm salt water after 24 hours.

4. Activity Restrictions

Avoid strenuous activities for the next couple of days to allow your body to heal.

5. Follow-Up Appointment

Please schedule a follow-up appointment within the next few weeks to assess your healing progress.

If you have any questions or if you experience excessive pain, swelling, or bleeding, please contact our office immediately.

Thank you for choosing [Dental Practice Name]. We wish you a speedy recovery!

Sincerely,

[Dentist's Name]

[Dental Practice Name]

[Contact Information]