

# Post-Procedure Care Instructions

Dear [Patient's Name],

Thank you for choosing [Dental Practice Name] for your recent cosmetic dental procedure. To ensure optimal healing and results, please follow the instructions below:

## Immediately After the Procedure:

- Avoid rinsing your mouth for 24 hours.
- Do not consume hot or hard foods for the first 48 hours.
- Take any prescribed medication as directed.

## Oral Hygiene:

- Brush your teeth gently, avoiding the treated area.
- Use a soft-bristled toothbrush for the next two weeks.
- Continue with your regular flossing routine, keeping away from sensitive spots.

## Dietary Recommendations:

- Stick to soft foods for the first few days.
- Avoid nuts, chips, and other crunchy foods during the healing period.

## Follow-Up Care:

- Schedule a follow-up appointment in [insert time frame].
- Contact our office if you experience severe pain or swelling.

We appreciate your trust in us and are here to assist you with any questions or concerns.

Sincerely,  
[Your Name]  
[Your Title]  
[Dental Practice Name]