

Guidelines for Managing Discomfort After Dental Visits

Dear [Patient's Name],

Thank you for visiting our dental practice. We understand that after your appointment, you may experience some discomfort. Below are guidelines to help you manage any discomfort you may feel:

1. Pain Management

- Take over-the-counter pain relief medication as recommended by your dentist.
- Apply a cold compress to the outside of your mouth for 15-20 minutes to reduce swelling.

2. Diet Recommendations

- Avoid hard, crunchy, or sticky foods for the first 24 hours.
- Opt for soft foods like yogurt, mashed potatoes, or smoothies.

3. Oral Hygiene

- Continue to brush and floss gently; avoid the treated area if it's painful.
- Use a saltwater rinse to help keep the area clean.

4. When to Call Us

If your discomfort persists beyond 48 hours, or if you experience excessive swelling, fever, or bleeding, please contact our office immediately at [Office Phone Number].

We appreciate your trust in us and hope for a speedy recovery! If you have further questions or concerns, don't hesitate to reach out.

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