



After Care Instructions

We have tried to compile general instructions that our patients may find helpful after their dental care. You may find only some of the mentioned symptoms apply to you.

1. Sensitivity to cold fluids or food. If pain lasts longer than one hour upon drinking hot fluids, you should call the office. Cold sensitivity is normal.
2. Bite problems. If your bite is uneven you need to come back to the office ASAP for adjustment. If this is left untreated, it can lead to other problems such as fractures, muscle spasms and headaches.
3. Swelling. Swelling is normal and it will usually appear 12 to 24 hours after surgery. Please apply and ice bag over the outside of the surgical area, 15 minutes on and 15 minutes off.
4. Black and blue spot on the face. This is due to bleeding under the tissues and is normal. It will take 2 to 3 weeks for it to resolve.
5. Pain. Pain after dental treatment such as extractions, root canals and other surgical procedures is normal. It generally would take 7-10 days for the patient to fully recover.
6. Sore gums. This condition happens with most dental procedures such as cleaning, scaling and root planning, laser treatment, fillings, crowns, extractions, and many others. Please allow 7 to 10 days for recovery.
7. Bleeding after extraction is normal. You may bleed up to two days post-surgery. Patients, who are under aspirin therapy or other anticoagulants such as Coumadin, Warfarin, or other blood thinners, may bleed longer.
8. IV sedation patients should not operate any machinery or drive. Please do note that you will have anterograde amnesia post sedation. Do not make important decisions.
9. If you have denture sores, please wear your denture one day prior to your appointment so we can locate the sore.
10. Once you leave the office, please allow four hours for your anesthesia to disappear. We would like you to refrain from eating foods that would require heavy chewing. You may injure yourself by chewing your lips or cheeks.

Please call our office if you feel that you have other questions that have not been addressed at your appointment and need further clarification Remember that Dr. Fatemi is available up to 10pm each day. He is getting his beauty sleep after 10 pm.