



Dentistry Aftercare Instructions

General Guidelines:

Oral Hygiene:

- **Brushing:** Gently brush your teeth twice a day with a soft-bristled toothbrush. Use fluoride toothpaste and ensure thorough cleaning of all surfaces.
- **Flossing:** Continue regular flossing to clean between teeth and along the gumline. Be gentle to avoid irritation around treated areas.
- **Mouthwash:** If prescribed by your dentist, use a recommended antimicrobial or fluoride mouthwash as directed.

Dietary Restrictions:

- **Soft Diet:** Consume soft foods initially, gradually reintroducing a normal diet as comfort allows.
- **Avoid Hard Foods:** Refrain from consuming hard, crunchy, or sticky foods that could potentially damage treated areas.

Oral Rinses:

- **Saltwater Rinses:** If instructed by your dentist, rinse your mouth with a warm saltwater solution (1/2 teaspoon of salt in 8 ounces of warm water) several times a day.
- **Prescribed Rinses:** If a specific mouthwash or rinse is prescribed, use it as directed.

Pain Management:

- **Pain Medications:** Take prescribed pain medications as directed by your dentist. Over-the-counter pain relievers can be used according to package instructions if recommended by your dentist.
- **Cold Compress:** If applicable, apply a cold compress to the outside of your face in intervals to reduce swelling and numb discomfort.

Swelling and Bruising:

- **Ice Packs:** If there is swelling, apply an ice pack wrapped in a thin cloth to the affected area for short intervals. Avoid direct contact with the skin.

Avoid Tobacco and Alcohol:

- **Smoking:** Refrain from smoking or using tobacco products, as they can hinder the healing process and increase the risk of complications.
- **Alcohol:** Minimize alcohol consumption, as it can interfere with medications and delay healing.

Follow-up Appointments:

- **Attend Follow-ups:** Adhere to scheduled follow-up appointments with your dentist to monitor the healing progress and address any concerns.

Activity Restrictions:

- **Avoid Strenuous Activities:** Refrain from engaging in strenuous physical activities for the first few days following dental procedures, as this can impact the healing process.

Oral Devices:

- **Night Guards or Splints:** If provided with a night guard or splint, wear it as instructed to protect your teeth and dental work.

Contact Your Dentist:

- **Emergencies:** If you experience severe pain, prolonged bleeding, or other unexpected issues, contact your dentist promptly.

Remember, these guidelines are general and may vary based on the specific dental procedure performed. Always follow the personalized instructions provided by your dentist for the best results in your aftercare. If you have any questions or concerns, do not hesitate to reach out to your dental professional for guidance.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

