

Before and After Your Dental Treatment



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Taking care of your teeth is important for your health, comfort, and confidence. Whether you are having a small procedure or more complex dental work, knowing what to expect before and after your treatment can help you feel calm and prepared.



Before Your Dental Treatment

Before your appointment, your dentist will explain what treatment you need and why. This may include fillings, crowns, extractions, or cosmetic procedures. If you are unsure about anything, ask questions. It is important that you understand what will happen.

You may be given specific instructions before your visit. These could include:

- **Eating and drinking:** Before most treatments, you can eat normally. However, if you are having sedation, you may need to avoid food for several hours.
- **Medications:** Tell your dentist about any medicines you take, including vitamins or herbal supplements. Some medicines can affect bleeding or healing.
- **Medical conditions:** Conditions such as diabetes or heart problems may need special care during treatment.
- **Arranging transport:** If you are having sedation, you should arrange for someone to take you home safely.

Try to arrive on time and relaxed. Brushing your teeth before your visit is also helpful.

During Your Treatment

Your comfort is very important. Most dental treatments are carried out using a local anaesthetic, which numbs the area so you do not feel pain. *You may feel pressure or movement, but this is normal.*

If you feel nervous, let your dentist know. They can explain each step and help you feel more at ease. Some clinics also offer sedation for anxious patients.

After Your Dental Treatment

What you need to do after treatment depends on the procedure you have had. However, there are some general guidelines that apply to most patients.

Numbness

After treatment, your mouth may stay numb for a few hours. Be careful not to bite your lips, cheeks, or tongue. Avoid hot food and drinks until the feeling returns.



Eating and Drinking

Stick to soft foods at first, such as yogurt, soup, or mashed vegetables. Avoid very hot, cold, or hard foods until your mouth feels comfortable.

Pain or Discomfort

It is normal to feel mild discomfort after treatment. Over-the-counter pain relief, such as Ibuprofen or Paracetamol, can help. Always follow the instructions on the label or your dentist's advice.

Bleeding

A small amount of bleeding is normal, especially after extractions. Bite gently on gauze if needed. If bleeding continues or becomes heavy, contact your dentist.

Caring for Your Mouth After Treatment

Good care after treatment helps healing and prevents problems.

Brushing: Continue brushing your teeth, but be gentle around the treated area.

Flossing: You can usually floss as normal unless your dentist advises otherwise.

Mouth rinsing: Warm salt water rinses can help keep the area clean and reduce swelling.

Avoid smoking and alcohol for at least 24 hours, as these can slow healing.



Special Care After Common Treatments

Fillings

Your tooth may feel sensitive to hot or cold for a few days. This should improve quickly.

Crowns or Bridges

Avoid sticky foods for the first day. If your bite feels uneven, contact your dentist.

Extractions

Do not rinse or spit forcefully for the first 24 hours. This helps protect the blood clot and supports healing.

Teeth Whitening

Your teeth may be sensitive for a short time. Avoid strongly colored foods and drinks, such as coffee or red wine, for a few days.

When to Contact Your Dentist

You should contact your dentist if you experience:

- Severe or increasing pain
- Swelling that does not improve
- Signs of infection (such as fever or discharge)
- Continued bleeding
- A filling or crown that feels loose



Follow-Up Appointments

Some treatments require a follow-up visit to check healing or complete the procedure.

Always attend these appointments, even if you feel fine.

Summary

Dental treatment is an important step toward a healthy smile. By following your dentist's advice before and after your visit, you can reduce discomfort, heal faster, and enjoy long-lasting results.

If you ever feel unsure, do not hesitate to ask your dental team—they are there to help you every step of the way.