



CONNECT FAMILY DENTAL • PATIENT RESOURCES

General Pre & Post-Operative Instructions

A clear, easy-to-follow guide for preparing before treatment and caring for your smile after a dental procedure.

BEFORE YOUR PROCEDURE

Follow the instructions provided by your dental team.
If anything is unclear, ask before your appointment.

AFTER YOUR PROCEDURE

Protect the treatment area, follow your care instructions, and allow your body time to heal.

QUICK GUIDE

Find What You Need

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01 Protect the Blood Clot FIRST 24 HOURS

After a tooth extraction, a blood clot forms in the extraction site. Protecting this clot is important during the early healing period.

For the first 24 hours:

- Do not rinse your mouth forcefully.
- Do not drink through a straw.
- Do not smoke or use tobacco.
- Do not touch the extraction site with your tongue or fingers.

02 Bleeding

Mild bleeding or oozing may occur following your procedure.

- Bite gently on the gauze provided by your dental team.
- Replace gauze as directed.
- Keep your head elevated when resting.
- Avoid strenuous activity during the initial recovery period.

03 Swelling

Swelling can occur after certain dental procedures and may increase during the first few days.

- Apply a cold pack as directed.
- Use cold therapy during the initial recovery period.
- Keep your head elevated when resting.

04 Pain & Discomfort

Some degree of discomfort is expected after certain dental procedures.

- Take medications only as directed by your dental provider.
- Follow all prescribed medication instructions carefully.
- Contact our office if pain becomes severe or continues to worsen.

05 Infection Prevention

Keeping your mouth clean and following your post-operative instructions can help support healing.

- Follow the oral-care instructions provided by our team.
- Maintain good oral hygiene as directed.
- Avoid disturbing the treatment area.

06 Sutures & Rinsing

Sutures: If sutures were placed, follow the specific instructions provided by your dental team.

Rinsing: Follow your dental team's instructions regarding rinsing. Avoid vigorous rinsing immediately after treatment. Use any recommended rinse only as directed.

07 After Sedation or Anesthesia FIRST 24 HOURS

If you received sedation or anesthesia, follow the instructions provided by your dental team.

- Do not drive unless cleared by your provider.
- Avoid alcohol.
- Follow your provider's instructions carefully.

08 Diet Guidelines

First 24 Hours: Choose soft foods and follow any specific dietary instructions provided by your dental team.

After the First Day: Gradually return to your normal diet as comfortable and as directed.

09 Warning Signs

IMPORTANT — CALL US IF YOU ARE CONCERNED

Contact Connect Family Dental if you experience symptoms that concern you or seem unusual.

Watch for:

- Severe or worsening pain
- Persistent bleeding
- Significant swelling
- Fever or other concerning symptoms

Important Note

These instructions are general information and may not apply to every patient or procedure. Always follow the specific instructions given by your Connect Family Dental team.

CONNECT FAMILY DENTAL

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Questions before or after your procedure? Please give our dental team a call.