

## Crown & Veneer

### Preparation Process

- ⌚ To adjust the shape and size of the teeth, a procedure is applied to part of the tooth enamel.
- ⌚ After the preparation process is done, if you feel pain following anesthesia; you can use painkillers.
- ⌚ It is natural to experience sensitivity after the preparation process. Avoid hot, cold, and hard foods until the process is completed.
- ⌚ In some cases, the doctor may apply a temporary crown after preparation. It is normal to feel pressure on your gums during this process.

### First 24 Hours



Do not eat or drink until the numbness wears off. Be careful not to bite your cheeks/tongue. Avoid biting hard objects.



Your teeth may be sensitive to hot or cold foods, so avoid eating them. It will pass within the first two weeks.



Avoid heavy exercise and strenuous activities. Resting will speed up your recovery process.

### Care and General Advice

- ⌚ If your crown or veneer loosens/falls out, consult your advisor as soon as possible.
- ⌚ Use dental floss every day and brush your teeth twice a day.
- ⌚ If you experience excessive sensitivity or pain, consult your dentist.
- ⌚ To ensure a longer life for your crowns and veneers, do not neglect to use a night guard.



## Medication Use

**Recommended that consume all your medications until they are finished**



### Antibiotic

Antibiotics should be taken twice a day, every 12 hours after meals. This can vary depending on your medical condition.

### Pain Killer

Pain relievers should be taken as one tablet every 12 hours after meals and may be prescribed by a doctor depending on the situation.

### Mouthwash

After an implant operation, mouthwash or oral rinse should be used 24 hours later to prevent the dissolution of blood clots at the implant sites and the continuation of bleeding.



**Please contact your medical advisor in the following situations:**

- ⚠ If you experience side effects such as diarrhea, oral thrush, or stomach pain!
- ⚠ If you are allergic to any medical preparations such as penicillin, ibuprofen, or paracetamol!



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## Implant Treatment

### Things you should pay attention to post procedure care



#### Food and Drink

Do not eat or drink for 2 hours. Afterwards, you can consume cold and soft foods. Avoid hot, hard, and tough-to-chew foods. Do not use a straw. Smoking and drinking alcohol can delay the healing process.



#### Oral Care

Do not rinse or gargle your mouth for the first 24 hours, and do not spit. From the next day, gently rinse the implant area with warm water after every meal. Brush the other teeth, excluding the implant area, with a soft-bristled brush. Do not touch the implant area with your hand or tongue.



#### Sleep and Activity

Sleep with your head elevated for the first 3 days. Avoid heavy exercise and strenuous activities.



#### Bleeding

Bite on a gauze pad for the first 30 minutes. If bleeding continues, replace it with a clean gauze pad.

### Don't Panic!

Swelling, bruising, and pain in the implant area are normal. They usually disappear within a few days.



#### Additional Information

- ☑ You can apply a cold compress to reduce swelling on the first day.
- ☑ If you're taking antibiotics, use them for the recommended duration.
- ☑ Use the special mouthwash recommended by your dentist.
- ☑ If you have a denture, use it as directed by your doctor.

## Sinus Lifting and Bone Graft



#### First 48 Hours

- ☑ Do not spit, avoid hard and hot foods.
- ☑ Do not smoke or e-cigarettes, and stay away from alcohol.
- ☑ Do not use mouthwash, clean your nose gently.
- ☑ Avoid lying face down.
- ☑ If you need to sneeze/cough, keep your mouth open.



#### First Week

- ☑ Use prescribed medications, brush your teeth gently.
- ☑ Avoid hot and cold foods.
- ☑ Rinse with salt water or antiseptic mouthwash.
- ☑ Avoid strenuous exercise.
- ☑ Avoid activities that raise your blood pressure.

## Root Canal Treatment



#### After the Treatment

It's normal to experience pain and discomfort for a few days

#### Food/Drink

Avoid cold/hot and sticky foods like gum for at least 2 hours after a root canal.

#### Oral Health

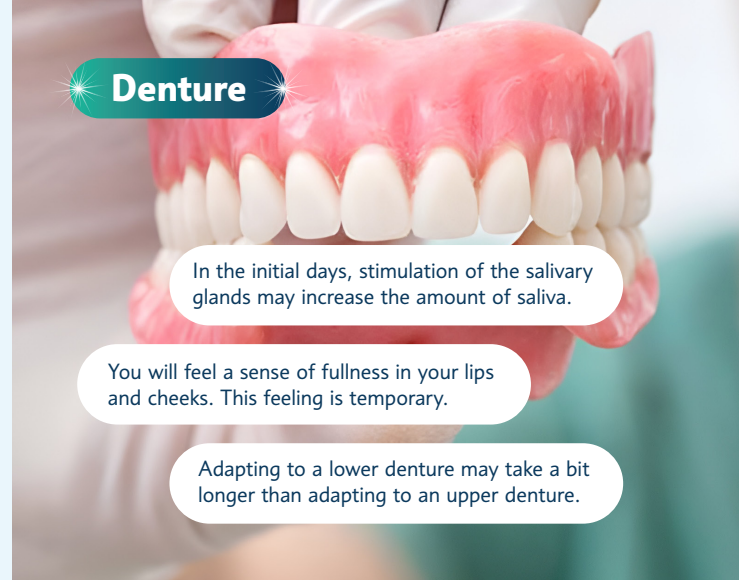
Dental hygiene is important; choose products like dental floss and mouthwash that will not damage the teeth.

#### Pain Management

To reduce pain and swelling, you can gargle with salt water three times a day. If you experience pain, use the pain relievers recommended by your doctor.



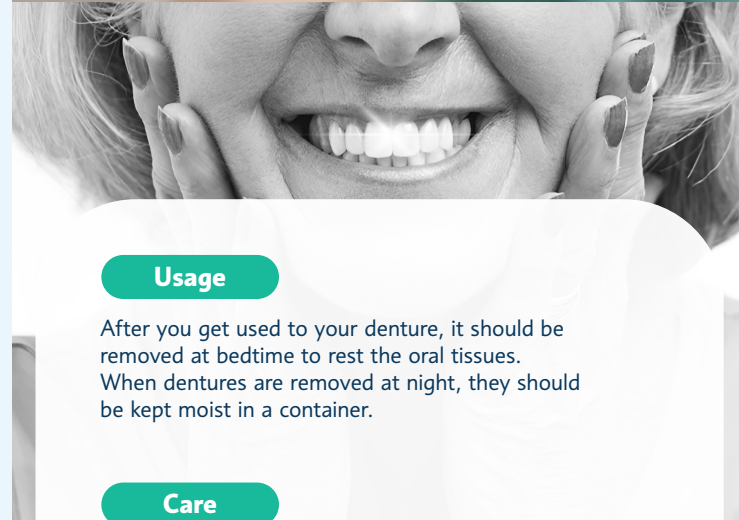
## Denture



In the initial days, stimulation of the salivary glands may increase the amount of saliva.

You will feel a sense of fullness in your lips and cheeks. This feeling is temporary.

Adapting to a lower denture may take a bit longer than adapting to an upper denture.



#### Usage

After you get used to your denture, it should be removed at bedtime to rest the oral tissues. When dentures are removed at night, they should be kept moist in a container.

#### Care

For a healthy mouth, it is necessary to clean food residues from your denture after every meal. Use a soft brush and liquid soap or soap for cleaning. In addition to daily cleaning, cleaning tablets can be used once a week.

#### Speech/Appearance

When you first start using the denture, sudden movements like laughing and coughing can displace the denture in your mouth. Once all your muscles adapt to the denture, your appearance will return to normal. The sinking in your cheeks and lips will be corrected with your denture, making you look younger.