



POST-OPERATIVE INSTRUCTIONS

General Post-Operative Care

General · Cisco Dental — Dental Fitness

Every procedure at Cisco Dental is part of a larger plan to keep your mouth healthy and functional for decades — what we call Dental Fitness. Recovery is where that plan is won or lost. Follow these instructions closely; they are designed to protect the work we did together and to get you comfortable as quickly as possible.

Immediately after your visit

- If you were numbed, avoid chewing, hot drinks, or anything that could burn or bite your cheek, lip, or tongue until full feeling returns — usually 2–4 hours.
- Rest for the remainder of the day when you can. Your body heals fastest when it isn't multitasking.

Managing discomfort

- Mild soreness is normal. For most patients, an over-the-counter anti-inflammatory (such as ibuprofen) taken as directed on the label manages it well, unless your medical history or Dr. Donald directs otherwise.
- If a prescription was provided, take it exactly as written and finish antibiotics completely.
- Never place aspirin or any pill directly against the gum or tooth — it burns the tissue.

Eating & drinking

- Stay hydrated with water — your default drink and your mouth's best ally.
- Favor softer foods for the first day and chew away from the treated area.
- Limit very hot, very cold, hard, crunchy, or sticky foods until you feel steady.

Oral hygiene

- Keep brushing and cleaning your other teeth normally — a clean mouth heals faster.
- Be gentle around the treated area; we will tell you when to resume normal cleaning there.

What is normal

- Tenderness, mild swelling, and sensitivity that steadily improve over 2–3 days.
- Slight oozing or pink saliva after any procedure involving the gums, easing within hours.



When to call us

Call our office at (254) 442-2000 if you experience any of the following:

- Bleeding that does not slow with steady pressure after 45–60 minutes
- Swelling that worsens after the third day rather than improving
- A fever, chills, or a bad taste/odor that does not resolve
- Pain that increases after day 3, or is not controlled by the plan below
- Any reaction to a prescribed medication (rash, hives, trouble breathing — for breathing trouble, call 911)