



DR. DANIEL WEITZ | DR. DANIEL ZEITER

Please read and follow these instructions. They will make you more comfortable and will help to prevent any possible complications.

1. *Care of your mouth:*

Start brushing and continue brushing your prescribed oral hygiene routine immediately in all areas of your mouth **except the surgical site(s)**. Make every effort to keep all your mouth plaque free. We recommend rinsing your mouth twice a day with a prescription antibacterial/antifungal rinse.

2. *Discomfort:*

Some discomfort is expected. Usually acetaminophen (Tylenol) or ibuprofen (Advil) will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with a fluoride toothpaste or fluoride that we prescribe will usually reduce or eliminate sensitivity.

3. *Eating:*

Your next meal should be soft foods. Avoid hard, gritty foods such as peanuts, popcorn, chips, hard crusty bread, and fruit with seeds for the next three days.

4. *Bleeding:*

Slight bleeding may continue following the procedure. This is not unusual and will stop. If bleeding persists beyond an hour, please call our office.

5. *Exercise:*

Avoid any strenuous activity for the rest of the day: e.g. jogging, tennis and racket ball, anything strenuous. "Take it easy."

If you have any additional questions, please contact our office. In case of an emergency, you can call Dr. Weitz at (905) 928-9053.

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