

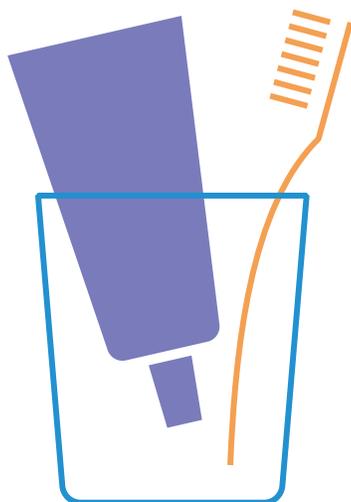


Self-Care After Your Teledentistry Appointment

Below are some self-care recommendations to maintain your oral health at home between in-office or teledental visits. We will work with you on a care plan that supports you at home and in-office. Reach out to your dental team if your symptoms persist or escalate.

Practice healthy habits

- ✓ Plenty of rest
- ✓ Healthy diet
- ✓ Good posture
- ✓ Exercise
- ✓ Stress management — yoga, meditation, acupuncture, massage



Tips for decreasing risk of getting cavities

- ✓ Use fluoridated toothpaste
- ✓ Ask about prescription-strength fluoridated toothpaste or rinses
- ✓ Leave the foam created on teeth as long as possible
- ✓ Limit sugary drinks to mealtime
- ✓ Healthy snacks of nuts and cheese



Tooth Sensitivity

- Avoid area if possible
- Use sensitivity toothpaste as directed — brush, spit, don't rinse
- Breathe through nose to avoid cold air
- Drink liquids through a straw

Tooth pain with cold/sweet/hot that doesn't linger

- Avoid area if possible until you can be seen in office
- Follow Tooth Sensitivity suggestions above and talk to your dentist about over the counter pain medication

Bleeding gums

- Continue brushing and cleaning between teeth (floss, floss picks, Waterpik)
- Warm salt water rinses

Jaw/Muscle Tightness and/or Pain

- Soft foods diet
- Alternate application of ice and moist heat
- Avoid extreme jaw movement
 - No chewy foods or hard breads
- Yawn against pressure — Hold your fist under the jaw
- Relax facial muscles
 - No clenching
 - Good head and neck support for sleep

We're here — reach out to us if you have questions or concerns!

Ask your dental care team about next steps including additional teledental visits, prevention and minimally invasive dental treatment options for you and your family.



