

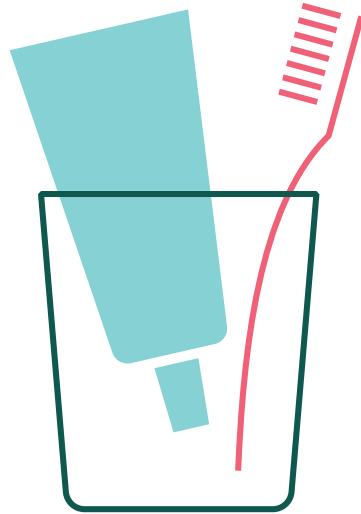


# SELF-CARE AFTER YOUR TELEDENTISTRY APPOINTMENT

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.



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