

PATIENT CARE GUIDE

Pre-Treatment & Post-Treatment Care Instructions

This guide covers preparation and recovery for every treatment we perform — dental and facial aesthetic.

These are general guidelines. Any instructions given to you for your specific treatment always take priority. If something doesn't feel right — severe or increasing pain, bleeding that won't stop, fever, spreading redness, or a reaction to medication — call us at (407) 678-1400.

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FACIAL AESTHETICS

DEKA CO2 Facial Resurfacing Laser

BEFORE YOUR APPOINTMENT

- Avoid sun exposure and tanning for at least two weeks before treatment. Treatment cannot be performed on sunburned skin.
- Stop all active ingredients in all skincare products one week prior to your appointment.
- Bring a list of all active ingredients that you are currently applying to your skin.
- Tell us if you have a history of cold sores — an antiviral is typically prescribed to start the day before treatment.
- No waxing, chemical peels, or injectables in the two weeks beforehand.
- Wait at least six months after finishing oral isotretinoin (Accutane) before treatment.
- Arrive with completely clean skin — no makeup, lotion, or sunscreen. Bring a wide-brimmed hat for the drive home.

AFTER YOUR TREATMENT

First Few Hours

Your skin will feel like a strong sunburn, and the heat sensation can be intense for two to three hours. Cool compresses help. Keep the treated area covered in a healing ointment such as Aquaphor at all times.

Keep It Moist

This is the single most important rule. Skin that dries out heals slower and risks pigment changes. Reapply ointment every three to four hours, including overnight.

Swelling

Swelling is normal and usually worst when you first wake up. Sleep with your head elevated on several pillows for the first few nights, and use cold compresses as needed.

Pain Relief

Acetaminophen (Tylenol) is recommended. Avoid ibuprofen, naproxen, and aspirin for the first 24 hours, as they can interfere with the inflammatory healing response.

Cleansing

Beginning day two, gently cleanse three times daily with lukewarm water and a mild cleanser such as Cetaphil. Always wash your hands first. No scrubbing, no washcloths, no exfoliants. Pat face dry with a clean disposable facial towel.

Peeling

Flaking and peeling are expected over the following days. Do not pick, scrub, or pull at loosening skin — let it shed on its own or you risk scarring and pigment change.

Sun Protection

Strict sun avoidance. Once your skin has closed, use SPF 30 or higher daily, reapplying outdoors and even in the car. Sun exposure on new skin is the fastest way to undo your result.

Pinkness

Residual pinkness is normal new skin and can last weeks or occasionally months. Generally, longer-lasting pinkness means more collagen is forming — it's a sign of a good result, not a problem.

Call Us If

You develop increasing pain, spreading redness, yellow crusting or drainage, fever, or any sign of a cold sore outbreak.

FACIAL AESTHETICS

Microneedling

BEFORE YOUR APPOINTMENT

- Avoid sun exposure and tanning for at least 48 hours to one week before treatment. Treatment cannot be performed on sunburned skin.
- Stop all active skincare ingredients — retinol, salicylic acid, benzoyl peroxide, glycolic acid, and similar — for one week prior.
- No Botox or dermal fillers within 14 days before your appointment.
- Skip waxing, chemical peels, and laser treatments for two weeks beforehand.
- Tell us if you take blood thinners or aspirin, or bruise easily. Never stop a prescribed medication without asking your physician first.
- If you get cold sores, let us know — an antiviral may be prescribed.
- Wait six months after finishing oral isotretinoin (Accutane).
- Arrive with clean skin — no makeup, lotion, sunscreen, or perfume. Topical numbing is applied in office roughly 30–45 minutes before treatment.
- Reschedule if you have an active breakout, open lesion, or irritated skin in the treatment area.

AFTER YOUR TREATMENT

Right After

Expect to look as though you have a moderate sunburn — redness, warmth, and mild swelling. This is the normal inflammatory response that drives collagen production.

First 24 Hours

Do not wash your face until the following morning. Use only the products we provide or recommend. Sleep on a clean pillowcase — the goal is keeping the skin free of anything that could settle into the micro-channels. Keep face moist with any thermal water face mist.

Sun & Sunscreen

Strictly avoid sun exposure on day one, since you won't be wearing sunscreen. Resume sunscreen the following day and minimize sun exposure for a week.

Exercise & Heat

No strenuous exercise, sweating, saunas, steam rooms, or hot tubs for 72 hours. Excess blood flow and sweat irritate compromised skin.

Peeling

Minor redness and swelling last one to two days. Light flaking and dryness can continue up to two weeks. Do not pick at flaking skin and do not use exfoliants.

Makeup

Mineral makeup only, and not before day two. Avoid regular foundation until the skin has settled.

Resuming Products

Return to your regular routine — including retinol and other active ingredients — only once the skin is no longer irritated, usually around day five to seven.

Results & Series

Gradual improvement appears over the following week and continues as cell turnover progresses. Most patients need a series of three to six treatments spaced four to six weeks apart, then periodic maintenance.

Call Us If

Redness or swelling worsens after day two, you develop itching or burning that doesn't settle, or you see any yellow crusting or signs of infection.

FACIAL AESTHETICS

Emage 3D Skin Analysis

BEFORE YOUR APPOINTMENT

- Arrive with a clean face — no makeup, sunscreen, or heavy moisturizer, as these obscure the surface and skew the reading.
- Avoid tanning or significant sun exposure in the days before your scan, so your baseline reflects your true skin condition.
- If you wear contact lenses, that's fine — the scan is completely non-contact.
- Bring a list of the skincare products you currently use so we can build recommendations around what you already own.

AFTER YOUR TREATMENT

Immediately After

There is no recovery whatsoever. The scan is non-invasive and non-contact — you can apply makeup and return to your day immediately.

Your Results

We review your report with you on screen, showing sun damage, pigmentation, vascular patterns, pore condition, and wrinkle depth mapped across your face and scored against age and skin-type norms.

Building Your Plan

Findings guide what we recommend — CO2 resurfacing, microneedling, a facial protocol, or an at-home regimen. You'll leave knowing what your skin actually needs rather than guessing.

Tracking Progress

We recommend repeating the scan every three to six months so you can compare side by side and confirm objectively that your plan is working.

FACIAL AESTHETICS

Custom HydroDerm Facials

BEFORE YOUR APPOINTMENT

- Stop retinol, Vitamin A, and exfoliating acids for three to five days before your appointment.
- Avoid waxing, depilatory creams, laser treatments, and electrolysis in the treatment area for one week prior.
- Skip sun exposure and tanning for at least 48 hours beforehand — treatment cannot be performed on sunburned skin.
- If you've had Botox or fillers, wait two weeks before a facial.
- Arrive with clean skin if possible, though we will cleanse thoroughly as the first step.
- Let us know about any active breakouts, cold sores, or open lesions so we can adjust the protocol.

AFTER YOUR TREATMENT

Immediately After

Skin may look slightly flushed for under an hour, then simply appears brighter and smoother. There is no meaningful downtime.

First 24 Hours

Avoid makeup for the rest of the day if you can. Do not use exfoliants, retinol, or acid-based products.

Exercise & Heat

Skip strenuous exercise, saunas, steam rooms, and hot tubs for the first 24 hours.

Sun Protection

Your skin has just been exfoliated and is more photosensitive. Wear SPF 30 or higher daily and limit direct sun for several days.

Purging

Occasionally some congestion surfaces in the days after a deep-cleansing treatment. This is normal clearing, not a reaction — don't pick at it.

Resuming Products

Return to retinol and active ingredients after two to three days, once any sensitivity has passed.

Frequency

Monthly treatments maintain results best. Many patients schedule one seven to ten days before a wedding, shoot, or event for peak glow.

SURGICAL

Dental Implants

BEFORE YOUR APPOINTMENT

- Eat a normal meal before your appointment.
- Take any pre-medication (antibiotics or anti-inflammatories) exactly as prescribed.
- Wear comfortable clothing and avoid alcohol for 24 hours beforehand.
- Tell us about every medication and supplement you take, especially blood thinners.

AFTER YOUR TREATMENT

First 24 Hours

Some bleeding or oozing in the saliva is normal. Do not rinse, spit, smoke, or use straws — suction can dislodge the clot that's forming.

Swelling

Swelling is expected and usually peaks around day two or three. Apply a cold pack wrapped in a towel, 20 minutes on and 20 minutes off, for the first 24 hours. After 48 hours, switch to moist heat.

Pain Management

Take your first dose of pain medication before the numbness wears off. The ADA recommends an NSAID such as ibuprofen as first-line therapy, alone or combined with acetaminophen. If antibiotics were prescribed, finish the entire bottle.

Eating

Soft foods and cool liquids on day one. Chew on the opposite side for about two weeks. Avoid hot foods while numb, and never chew directly on the implant until Dr. Patel confirms it has healed.

Oral Hygiene

Begin gentle brushing the day after surgery, avoiding the surgical site. Starting the day after, rinse with warm salt water (one teaspoon in eight ounces) two to three times daily. Use a wet Q-tip to lightly roll over an implant site to keep it clean and plaque free.

Activity

Limit physical activity for 24–48 hours; avoid strenuous exercise for about a week. Keep your head elevated on extra pillows when lying down.

Call Us If

Bleeding is severe or won't stop with pressure, pain increases after day three, swelling worsens after day four, you develop a fever, or you have a reaction to any medication.

SURGICAL

Tooth Extractions

BEFORE YOUR APPOINTMENT

- Eat beforehand unless you've been told otherwise or are being sedated.
- Arrange a ride home if you're receiving sedation.
- Let us know about blood thinners or any bleeding disorder well before your appointment.

AFTER YOUR TREATMENT

Control Bleeding

Bite firmly on the gauze pad for 45–60 minutes. If bleeding continues, replace with fresh moistened gauze — a damp tea bag also works well.

Protect the Clot

Do not spit, rinse vigorously, smoke, or use a straw for the first week. Dislodging the clot causes dry socket, which is painful and delays healing.

Swelling & Comfort

Cold pack 20 minutes on, 20 off, for the first 24 hours. Take pain medication before the anesthetic wears off.

Eating

Soft, cool foods for the first week. Avoid hot liquids and chewing near the site. For the first week, also avoid all spicy foods and anything crunchy, and do not sip through a straw when drinking. Return to a normal diet as comfort allows.

Rinsing

Starting the day after, rinse gently with warm salt water several times daily, especially after meals.

Healing Notes

Sharp edges you feel may be small bone fragments working out — this is normal. Dissolving sutures typically disappear within three to five days.

Call Us If

Bleeding is heavy after several hours, you develop worsening pain around day three (possible dry socket), or you have fever or swelling that increases.

RESTORATIVE

Crowns & Bridges

BEFORE YOUR APPOINTMENT

- No special preparation is needed. Eat beforehand, since you'll be numb afterward.
- Let us know if you have jaw or TMJ issues that make holding your mouth open uncomfortable.

AFTER YOUR TREATMENT

While Numb

Avoid chewing until the anesthetic fully wears off so you don't bite your cheek, lip, or tongue.

Temporary Crown Care

Avoid sticky and hard foods — gum, taffy, hard candy, crusty bread. When flossing, slide the floss out sideways rather than pulling up, so you don't dislodge it. For temporary crowns that are connected, you should be using Closys or StellaLife mouthwash, which can be found on Amazon.

Front Teeth

Do not bite directly into anything hard with your front teeth — corn on the cob, whole apples, pears, and similar foods. Cut them into pieces and chew with your back teeth instead.

If It Comes Off

Call us right away. Don't leave it out — neighboring teeth can shift and prevent the permanent crown from seating. Never glue it back yourself.

Sensitivity

Hot and cold sensitivity and tender gums for a few days are normal. Warm salt water rinses and over-the-counter ibuprofen or acetaminophen help.

Your Permanent Crown

Brush and floss it exactly like a natural tooth. If your bite feels high or uneven at any point, call us for a quick adjustment — don't wait it out.

Call Us If

Your bite feels off, sensitivity worsens rather than improves, or discomfort persists beyond a week.

RESTORATIVE

Root Canal Therapy

BEFORE YOUR APPOINTMENT

- Eat a good meal beforehand, as you'll be numb for a few hours afterward.
- Take any prescribed antibiotic as directed before the appointment.
- Plan for a normal day afterward — most patients return to regular activity right away.

AFTER YOUR TREATMENT

Careful — You're Numb

Don't chew anything until the anesthetic wears off. Gum tissue at the injection site may be sore for 24–48 hours.

Expected Soreness

The tooth may feel tender for several days to a week, particularly if there was pain or infection beforehand. Over-the-counter ibuprofen usually manages it well.

Protect the Tooth

Do not chew on the treated tooth until the permanent crown or filling is placed. A root-canal-treated tooth is brittle and can fracture without full coverage.

Rinsing

Rinse with warm salt water after meals to soothe the gum tissue.

Medications

If antibiotics were prescribed, finish the full course even once you feel better.

Call Us If

Pain increases instead of decreasing, swelling develops, the temporary filling comes out, or your bite feels uneven.

PERIODONTAL

Scaling & Root Planing (SRP)

BEFORE YOUR APPOINTMENT

- Eat beforehand if you'd like — you may be numb for a few hours afterward.
- Take any prescribed pre-medication (such as antibiotic premedication for heart conditions or joint replacements) exactly as directed.
- Let us know about blood thinners or any condition that causes easy bleeding.
- Plan a low-key rest of the day; strenuous activity is best avoided for the first 24 hours.

AFTER YOUR TREATMENT

While You're Numb

If local anesthetic was used, your lips, teeth, and tongue may stay numb for several hours. Do not chew anything until feeling fully returns, so you don't bite your cheek or tongue. Wait at least two hours before eating.

Eating

Choose a soft diet for the first 48 to 72 hours. Avoid spicy foods and anything extremely hot or cold for several days. Drink plenty of water.

Discomfort

Gum tenderness for several days is normal. Ibuprofen (Advil) taken before the anesthetic wears off works well — generally 400 to 800mg every six hours is sufficient. If you can't take NSAIDs, acetaminophen (Tylenol) is fine.

Sensitivity to Cold

This is the most common complaint after SRP and happens because tartar has been removed from the root surfaces. It usually fades over a few weeks. Use a desensitizing toothpaste such as Sensodyne and avoid tartar-control formulas.

Salt Water Rinses

Rinse two or three times daily with 1 teaspoon of salt in 8 oz of warm water. Rinse as often as you find it soothing.

Brushing & Flossing

Resume home care right away but be gentle. Use a soft-bristled brush around the treated areas — an electric brush is strongly recommended. Some light bleeding while brushing for a few days is normal and expected.

Smoking

Avoid tobacco for at least 24 to 48 hours, as it directly delays tissue healing. Periodontal disease is significantly harder to control in smokers.

The Long View

Periodontal disease is controllable rather than curable. The success of this treatment depends heavily on daily home care and keeping your periodontal maintenance appointments.

Call Us If

Discomfort or swelling persists or worsens after several days, bleeding becomes heavy, or sensitivity doesn't begin improving after a few weeks.

COSMETIC

Porcelain Veneers

BEFORE YOUR APPOINTMENT

- Come with clean teeth and be ready to discuss shade and shape — bring reference photos if you have a look in mind.
- Understand the sequence: preparation and temporaries first, then permanent veneers at a later visit.

AFTER YOUR TREATMENT

Temporary Veneers

Temporaries are far less sturdy than the final restorations. Do not bite with your front teeth. Avoid chewy, sticky, and hard foods entirely while they're in.

Cleaning Temporaries

Brush gently. You will not be able to floss. It is recommended to rinse twice daily with Closys or StellaLife mouthwash, which can be found on Amazon.

Sensitivity

Some irritation and sensitivity during the temporary phase and after final placement is normal, and settles once the soft tissue heals fully.

Adjusting

New veneers may feel slightly awkward for several days. Your mouth typically adapts within a week.

Long-Term Care

Brush and floss normally. Avoid biting nails, ice, or using teeth as tools. A night guard is strongly recommended if you clench or grind.

Call Us If

Your bite feels abnormal, a temporary comes loose, or sensitivity continues beyond a week after final placement.

RESTORATIVE

Dentures

BEFORE YOUR APPOINTMENT

- If you're receiving an immediate denture after extractions, arrange a ride and plan for a restful day.
- Expect several follow-up adjustment visits — these are a normal part of the process, not a sign something is wrong.

AFTER YOUR TREATMENT

Immediate Dentures

Leave the denture in place for the first 24–48 hours as directed; it acts as a bandage over the healing tissue. Remove it only when we instruct you to.

Soreness

Sore spots are expected in the first weeks. Don't adjust the denture yourself — call us and we'll relieve the pressure point precisely.

Eating

Start with soft foods cut small. Chew on both sides simultaneously to keep the denture stable. Speaking and eating both improve with practice.

Daily Cleaning

Clean the denture over a folded towel or basin of water so it won't break if dropped. Brush your gums, tongue, and palate daily to stimulate circulation.

Overnight

Remove dentures at night unless told otherwise, and store them in water or denture solution so they don't dry out and warp.

Healing & Relines

Extraction sites take about six months to fully heal and reshape, so a reline or permanent denture is usually needed after that period.

Call Us If

A sore spot doesn't improve, the fit changes suddenly, or you have difficulty eating after the adjustment period.

ORAL APPLIANCE

QuietNite Sleep

BEFORE YOUR APPOINTMENT

- Your appliance is custom made from scans or impressions of your teeth, so expect two visits — one to capture the records, one to fit and adjust.
- Bring your sleep study results if you have them, or let us know if you've been diagnosed with sleep apnea by a physician.
- Tell us about jaw joint (TMJ) pain, clicking, or limited opening, and about any loose teeth, active gum disease, or extensive dental work.
- Brush and floss before your fitting appointment.
- This device treats snoring and mild to moderate obstructive sleep apnea in adults 18 and older. If you have severe sleep apnea, it is not a substitute for CPAP — we'll coordinate with your physician.

AFTER YOUR TREATMENT

The First Nights

Expect an adjustment period. Excess saliva, mild jaw soreness, or tooth tenderness in the morning are common in the first one to two weeks as your muscles adapt. Most patients acclimate quickly.

Wearing It

Insert the appliance after brushing and flossing. If you use mouthwash, rinse thoroughly first. Wear it every night — consistency is what produces results.

Adjusting the Connectors

The QuietNite uses two lateral connectors that gently advance your lower jaw. These are adjustable at home, but advance gradually and only as directed. Moving too far too fast causes jaw soreness.

Morning Jaw Exercises

Your bite may feel slightly off for a few minutes after removing the appliance. Gentle jaw exercises or biting on the provided aligner helps your bite settle back. If it doesn't normalize within about 30 minutes, let us know.

Daily Cleaning

Rinse with cool water after each use and clean with a peroxide-based appliance cleaner. Never use hot water — heat will warp the trays. Air dry completely, then store in its case.

Storage

Always keep it in the case when not worn. Pets are drawn to these devices, and a chewed appliance means a full remake.

Follow-Up

We'll see you back to confirm fit, verify the advancement is effective, and check that your bite and jaw joints remain healthy. Ongoing periodic checks are part of appliance therapy.

Call Us If

Jaw pain persists through the day, your bite feels permanently changed, teeth become loose or shift, or the appliance cracks, doesn't fit, or stops controlling your snoring.

COMFORT

Sedation Dentistry

BEFORE YOUR APPOINTMENT

- Eat a small meal so there is something in your stomach for oral sedation.
- You must have a driver to and from the appointment who is able to stay for the duration of the visit if needed.
- Arrange for a responsible adult to drive you both ways and stay with you afterward.
- Wear loose, comfortable clothing with sleeves that roll up easily.
- Take routine medications with a small sip of water only if we've approved it, and disclose everything you take.

AFTER YOUR TREATMENT

Recovery

Grogginess is normal for the rest of the day. Rest at home with someone available to check on you.

Do Not

Drive, operate machinery, drink alcohol, or make important decisions for 24 hours.

Eating & Drinking

Start with clear liquids, then progress to soft foods as you feel steady. Take medications with a little food to reduce nausea.

Nausea

If nausea occurs it's usually from narcotic pain medication. Take a smaller dose next interval, and eat something small beforehand.

Call Us If

You experience persistent vomiting, difficulty breathing, or unusual confusion.