

## Journey

### Pre-operative DO's and DON'T's

Bring your ID with you.



Inform us if you are taking any medicine.

Use cleaning aids such as mouth wash, floss, and any others.



Refrain from smoking, as tobacco has a negative impact on oral health.

You are about to invest time and money in your treatment abroad. Please follow these instructions carefully. If you have any queries, please do not hesitate to contact your Travel Coordinator or email to [info@longevity.co.uk](mailto:info@longevity.co.uk)

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## Personel Care

### Post-Operative DO's and DON'T's

No alcohol 1 day before the procedure.



Your dentist will give you a prescription, please follow the medication plan carefully.



There will be a temporary filling on the tooth before the permanent one is placed. Please do not bite hard with your temporary filling.

After the permanent filling is applied, please chew carefully on the opposite side of your mouth.

You can eat or drink 2 hours after the procedure.



Carefully eat hard food such as nuts, candies, and ice to avoid breaking or damaging.



Expect some hot/cold sensitivity following your procedure.



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## Maintenance

### Post-Operative DO's and DON'T's

The numbness on the area will last for a few hours after the procedure. You should be careful as you may bite your tongue, lips and cheeks without realizing it.



Be Patient!



You should not drink alcoholic beverages for 48 hours after the procedure.

Normal healing after the procedure is very smooth.

The first two days after procedure are generally a little uncomfortable since we have never experienced with any complications.

Please do not hesitate to contact your patient relations specialist for any questions.

Take Care!



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