



## **Post-op Instructions for new patient exam**

Postoperative care following a new patient dental exam is generally straightforward since the exam itself is non-invasive. Here are some post-op instructions to follow your new patient exam.

### **Resume Normal Activities:**

Since a dental exam is typically non-invasive, you can resume your normal activities after the visit.

### **Follow Recommendations:**

If our team has identified any oral health issues during the exam and provided treatment recommendations, follow their advice, and schedule any necessary follow-up appointments promptly. Visit your MyChart profile to review any documents, and treatment plans for your visit.

### **Maintain Oral Hygiene:**

Continue with your regular oral hygiene routine, including brushing your teeth twice a day and flossing once daily. Proper oral hygiene is essential for preventing dental problems.

### **Address Any Concerns:**

If you have any questions or concerns about the results of your dental exam, treatment recommendations, or anything related to your oral health, don't hesitate to contact the office. Clear communication is vital for your dental care.

### **Follow-Up Appointments:**

If our team has recommended any follow-up appointments for additional treatments or procedures, make sure to schedule them as soon as possible to address any potential dental issues promptly.

### **Maintain Regular Dental Check-ups:**

Schedule regular dental check-ups as recommended by the team, typically every three or six months. These visits are crucial for monitoring your oral health and catching any potential problems early.

### **Adopt Healthy Habits:**

If the dental exam revealed any areas of concern, such as signs of gum disease or tooth decay, take steps to adopt healthy habits like reducing sugar intake, avoiding tobacco, and following the team's advice for maintaining good oral health.



**Oral Cancer Awareness:**

Be mindful of any changes in your mouth, such as unusual sores or spots, and promptly report them to our team. Early detection of oral cancer can significantly improve outcomes.

***Remember*** that a new patient dental exam is a valuable step in establishing your dental care plan. By following these postoperative instructions and maintaining regular dental visits, you can help ensure excellent oral health and catch any potential dental issues early, leading to better treatment outcomes.

Please make sure you stay in constant communication and never hesitate to be vocal when you have concerns. If you have any specific questions or concerns related to your new patient dental exam, don't hesitate to reach out to our office for clarification and guidance.

**You are always welcome to text, email, or call us if you have any issues or questions.  
Welcome to the standard of dental care, GO DENTISTRY, powered by MyChart!**