

After Care Instructions/Consent

Listed below are instructions to help out patient having little to no pain with their recovery after the procedure.

- Do not eat or drink anything hot or crunchy for a few hours after the procedure.
- Take medication prescribed by Dr. Burton
- If no medication was prescribed, use Tylenol and alternate with Advil every 3 to 6 hours.

Day 1:

- Take 800mg of ibuprofen immediately.
- 3 hours later take 2 Tylenol.
- 3 hours later take 600mg of ibuprofen.
- 3 hours later take 2 Tylenol.

Day 2:

- Take 400 mg of ibuprofen.
- 3 hours later take Tylenol.

(Alternate between the two)

Day 3:

- Just take Tylenol.
 - Some discomfort and swelling are to be expected for 3-6 days.
 - Ice compresses are recommended for swelling for the first day.
 - Continue daily oral hygiene as directed.
 - Use Chlorhexidine and rinse as directed by Dr. Burton.
 - Use Q-tips, dip them in the Chlorhexidine and clean around TADs twice daily.
 - Continue the process the entire time you have your TADs.
 - If sutures were placed, keep this area very clean as well.
 - We will set up and appointment to have the sutures removed.

DO NOT BRUSH TADs!

If you have any pain that persists with redness and swelling, please give our office a call at 615-865-6551.

I have read and understand the instructions to correct after care:

Signature of Patient/Parent/Guardian

Date

Signature of Orthodontist

Date

Signature of Witness

Date