Patient care instructions: before and after your visit

Bella Family Dental · 347 W Jefferson Blvd, Dallas, TX 75208 · (972) 290-0903

These are general instructions. If your dentist gave you different instructions, follow those.

Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

https://www.bellafamilydental.com/patient-care-instructions/

Bella Family Dental
(972) 290-0903
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Dental exams, cleanings and X-rays

Covers: Comprehensive exams, Pearl AI cavity detection, professional cleanings, digital X-rays and 3D CBCT, and iTero scans.

Before your visit

- Brush and floss as usual. You may eat a light meal before your appointment.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- If a physician has told you to take antibiotics before dental visits (for example, for certain heart conditions or joint replacements), take them exactly as prescribed.
- Bring a photo ID, your insurance card if you have one, and a list of your medicines.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

What's normal

- Your gums may feel a little tender or bleed slightly for a day or two, especially if it has been a while since your last cleaning.
- Teeth may feel mildly sensitive to cold for a short time.

If fluoride was applied

- Wait to eat, drink hot drinks or brush for the time your dentist tells you.
- Choose soft foods for the rest of the day.

Every day at home

- Brush twice a day for two minutes with a soft brush and fluoride toothpaste.
- Floss or use interdental cleaners once a day.
- Keep your next checkup. Your dentist will tell you how often you need cleanings.

When to call us

Call us at (972) 290-0903 if you have:

- Gum bleeding that lasts more than a few days
- Swelling, a bad taste or pain that gets worse
- Any questions about your treatment plan or X-ray results

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Deep cleaning (scaling and root planing) and periodontal maintenance

Covers: Scaling and root planing (deep cleaning) and periodontal maintenance visits.

Before your visit

- You may eat a light meal before your appointment. It helps, since you may not want to eat while numb.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- If a physician has told you to take antibiotics before dental visits (for example, for certain heart conditions or joint replacements), take them exactly as prescribed.
- If you have diabetes, eat and take your diabetes medicine as usual, and bring a snack.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Numbness

- Numbness usually wears off within a few hours. Until it does, avoid chewing and hot drinks so you don't bite your cheek, lip or tongue or burn yourself.

What's normal

- Gums may be sore or tender for a few days.
- Slight bleeding when you brush for a day or two.
- Teeth may be sensitive to hot and cold for a few weeks. A sensitivity toothpaste can help.
- As your gums heal and swelling goes down, the spaces between your teeth may look a little larger. This is common.

Comfort

- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- Rinse gently with warm salt water (about ½ teaspoon of salt in a cup of warm water) a few times a day, starting the day after treatment unless told otherwise.

Eating

- Choose soft foods the first day. Avoid very hot, spicy, hard or crunchy foods until your gums feel better.

Cleaning your mouth

- Brush gently with a soft brush the same day. Start flossing gently again the next day.
- If you were given a mouth rinse, use it exactly as directed.
- Avoid smoking and vaping while you heal. Tobacco slows healing.

Follow-up

- Keep your re-evaluation visit. After a deep cleaning, most patients move to periodontal maintenance visits every 3 months, as your dentist recommends.

When to call us

Call us at (972) 290-0903 if you have:

- Bleeding that does not slow down
- Swelling, fever or pain that gets worse after the second or third day
- Sensitivity that keeps getting worse

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Laser Gum Infection Therapy

Covers: Laser Gum Infection Therapy with our Fotona dental laser, including any scaling and root planing done at the same visit.

Before your visit

- You may eat a light meal before your appointment. It helps, since you may not want to eat while numb.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- If a physician has told you to take antibiotics before dental visits (for example, for certain heart conditions or joint replacements), take them exactly as prescribed.
- If you have diabetes, eat and take your diabetes medicine as usual, and bring a snack.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Numbness

- Numbness usually wears off within a few hours. Until it does, avoid chewing and hot drinks so you don't bite your cheek, lip or tongue or burn yourself.

What's normal

- Mild soreness for a few days.
- Treated gums may look slightly white, gray, red or darker than usual for several days while they heal.
- Some sensitivity to hot and cold.
- Slight oozing or bleeding the first day.

Comfort

- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- Rinse gently with warm salt water (about ½ teaspoon of salt in a cup of warm water) a few times a day, starting the day after treatment unless told otherwise.

Eating

- Eat soft foods for the first few days and chew away from treated areas when you can.
- Avoid hard, crunchy, sticky, spicy or very hot foods, and small seeds, until your dentist says the area has healed.

Cleaning your mouth

- Brush the rest of your mouth as usual. Near treated gums, brush very gently or as your dentist directs.
- Do not floss or use a water flosser in treated areas until your dentist tells you to.
- Don't pull your lip back or poke the gums with your tongue or fingers to check them.
- Avoid smoking and vaping while you heal. Tobacco slows healing.

Follow-up

- Keep every follow-up visit. Afterward, most patients move to periodontal maintenance every 3 months.

When to call us

Call us at (972) 290-0903 if you have:

- Bleeding that does not stop with gentle pressure
- Swelling, fever, pus or pain that gets worse instead of better
- Anything that worries you while you heal

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Gum procedures: gingivectomy, frenectomy, gum grafting, crown lengthening and gum lifts

Covers: Gingivectomy, frenectomy, gum grafting, crown lengthening and gum lifts.

Before your visit

- You may eat a light meal before your appointment. It helps, since you may not want to eat while numb.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- If a physician has told you to take antibiotics before dental visits (for example, for certain heart conditions or joint replacements), take them exactly as prescribed.
- If you are having oral sedation, follow our sedation instructions, including having a responsible adult drive you.
- Plan to take it easy for the rest of the day.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Numbness

- Numbness usually wears off within a few hours. Until it does, avoid chewing and hot drinks so you don't bite your cheek, lip or tongue or burn yourself.

Bleeding

- Slight oozing for the first day is normal. If bleeding continues, press a clean, damp gauze firmly on the area for 20 to 30 minutes.
- Keep your head raised with an extra pillow the first night.

Swelling and comfort

- Hold a cold pack on the outside of your face, 20 minutes on and 20 minutes off, during the first day.
- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.

Protect the area

- If a gum dressing or stitches were placed, leave them alone. Stitches may dissolve or be removed at your follow-up.
- Don't pull your lip back to look at the area.

After a gum graft

- Do not brush or floss the graft area, and do not use an electric toothbrush or water flosser on that site, until your dentist says it is OK.
- Swelling can increase for about three days and then should improve. Use a cold pack on the face, 10 minutes on and 10 minutes off, while you are awake for the first 24 hours.

- Stay with cold liquids the first day (yogurt, smoothies or a protein drink, without a straw). A white film on the area can be normal.
- After a graft, do not take aspirin, ibuprofen or naproxen unless your dentist or physician tells you to. Use acetaminophen as directed instead.

After a labial (lip) frenectomy

- Start the stretches your dentist showed you the evening of surgery. Wash your hands first. Do them as often as you were shown, usually for several weeks, so the tissue does not reattach.
- For a child's frenectomy, do any stretches or exercises exactly as your dentist showed you.

Eating

- Choose soft, cool foods for the first few days. Avoid hard, crunchy, spicy or very hot foods and chew away from the area.

Cleaning your mouth

- Brush and floss the rest of your mouth as usual.
- Use any prescribed rinse as directed. Otherwise, rinse gently with warm salt water starting the next day.
- Avoid smoking and vaping while you heal. Tobacco slows healing.

When to call us

Call us at (972) 290-0903 if you have:

- Bleeding that does not slow after 30 minutes of firm pressure
- Swelling that gets worse after the third day, fever, or pus
- A dressing or graft that comes loose
- Pain that gets worse instead of better

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Children's visits, sealants and fluoride

Covers: Children's checkups and cleanings, sealants, fluoride, and children's fillings.

Before your visit

- A parent or legal guardian should come with your child.
- Talk about the visit in a positive, simple way. Avoid words like "shot," "hurt" or "pull."
- Your child may eat a light meal before the visit.
- Bring a list of your child's medicines and allergies, and tell us about any health changes.
- Brush your child's teeth before the visit.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

If your child was numbed

- Watch your child closely until the numbness wears off, usually within a few hours. Children often bite or chew their lip, cheek or tongue without realizing it.
- Give only soft foods and cool drinks until feeling returns.

Sealants

- Your child can eat and drink normally right away.
- Avoid ice, hard candy, taffy, caramels and similar sticky or hard foods that can chip a sealant.
- Keep brushing and flossing, including between the teeth — sealants do not protect those surfaces.

Stainless-steel crowns

- Watch your child until the numbness wears off so they do not chew the lip, cheek or tongue. Soft foods for the rest of the day.
- Avoid sticky candy and gum, which can loosen the crown. The gums around the crown may look red for a few days.
- The crown is on a baby tooth and will come out with that tooth when it is ready.

Fluoride

- Follow the instructions you were given about eating, drinking and brushing afterward. Soft foods are best for the rest of the day.

Comfort

- For soreness, give over-the-counter pain medicine only as directed by your dentist or pediatrician, using the dose for your child's age and weight. Never give aspirin to children.

At home

- Brush twice a day with fluoride toothpaste: a rice-grain-sized smear under age 3, a pea-sized amount from age 3. Help with brushing until your child can do it well.
- Floss once teeth touch, and limit sugary drinks and snacks between meals.

When to call us

Call us at (972) 290-0903 if you have:

- Your child has bitten their lip, cheek or tongue and it looks swollen or infected
- Fever, swelling or pain that gets worse
- A filling or sealant feels high or comes off

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(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Fillings

Covers: Tooth-colored composite fillings.

Before your visit

- You may eat a light meal before your appointment. It helps, since you may not want to eat while numb.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Children can have nitrous oxide if needed. See our sedation and children's instructions.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Numbness

- Numbness usually wears off within a few hours. Until it does, avoid chewing and hot drinks so you don't bite your cheek, lip or tongue or burn yourself.
- Your composite filling is set before you leave, so you can eat once the numbness is gone.

What's normal

- Mild sensitivity to cold, sweets or biting for a few days to a few weeks.
- Soreness where the numbing shot was given, or in the gum near the filling, for a day or two.

Comfort

- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- A sensitivity toothpaste can help.

Your bite

- Once the numbness wears off, your bite should feel normal. If the tooth feels high or hits first when you close, call us. A quick adjustment usually fixes it.

When to call us

Call us at (972) 290-0903 if you have:

- Your bite feels uneven or the tooth hits first
- Sharp pain when biting
- Sensitivity that gets worse or lasts more than a few weeks
- A rough or sharp edge that bothers your tongue

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347 W Jefferson Blvd, Dallas, TX 75208

Crowns, bridges, inlays and onlays

Covers: 3D-printed and porcelain crowns, bridges, and 3D-printed inlays and onlays.

Before your visit

- You may eat a light meal before your appointment. It helps, since you may not want to eat while numb.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- If a physician has told you to take antibiotics before dental visits (for example, for certain heart conditions or joint replacements), take them exactly as prescribed.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Numbness

- Numbness usually wears off within a few hours. Until it does, avoid chewing and hot drinks so you don't bite your cheek, lip or tongue or burn yourself.

If you have a temporary

- A temporary crown or bridge is held with temporary cement. Chew on the other side and avoid sticky, chewy or hard foods such as gum, caramel, hard candy, ice and nuts.
- When flossing, slide the floss out to the side instead of lifting it up.
- If the temporary comes off, keep it and call us. Do not leave the tooth uncovered for long.

After your final restoration

- Some sensitivity to cold or biting for a few days to a few weeks is normal.
- The gum around the tooth may be sore for a few days.
- Your bite should feel normal. If the tooth feels high, call us for an adjustment.

Comfort

- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- Rinse gently with warm salt water (about ½ teaspoon of salt in a cup of warm water) a few times a day, starting the day after treatment unless told otherwise.

Long-term care

- Brush twice a day and floss daily. Clean under a bridge with a floss threader, super floss or a water flosser.
- Avoid chewing ice, hard candy or non-food items. If you grind your teeth, wear your nightguard.

When to call us

Call us at (972) 290-0903 if you have:

- A temporary or final crown, bridge, inlay or onlay feels loose or comes off
- Your bite feels uneven
- Pain or sensitivity that gets worse instead of better
- Swelling around the tooth

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Root canal therapy

Covers: Root canal therapy (endodontic treatment).

Before your visit

- You may eat a light meal before your appointment. It helps, since you may not want to eat while numb.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- If you were prescribed medicine before your visit, take it exactly as directed.
- If a physician has told you to take antibiotics before dental visits (for example, for certain heart conditions or joint replacements), take them exactly as prescribed.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Numbness

- Numbness usually wears off within a few hours. Until it does, avoid chewing and hot drinks so you don't bite your cheek, lip or tongue or burn yourself.

What's normal

- The tooth and gum may be tender for a few days, especially when you bite. This usually improves each day.
- Your jaw may feel stiff from keeping your mouth open.

Comfort

- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- If you were prescribed medicine, take all of it exactly as directed.

Protect the tooth

- If a temporary filling was placed, give it time to set. Eat only soft foods the rest of the day, and chew on the other side.
- Avoid chewing hard or sticky foods on that side until the tooth has its final filling or crown.
- A temporary filling may wear down a little. If it falls out, call us.
- Most back teeth need a crown after a root canal. Schedule it as your dentist recommends so the tooth doesn't crack.

Cleaning your mouth

- Brush and floss normally, gently around the treated tooth.

When to call us

Call us at (972) 290-0903 if you have:

- Swelling inside your mouth or on your face
- Pain that is severe or gets worse after two or three days
- The temporary filling comes out
- Your bite feels uneven
- A rash, itching or other reaction to a medicine

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Tooth extractions, wisdom teeth and oral biopsy

Covers: Simple and surgical extractions, wisdom tooth removal, and oral biopsies.

Before your visit

- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- If a physician has told you to take antibiotics before dental visits (for example, for certain heart conditions or joint replacements), take them exactly as prescribed.
- If you are having oral sedation, follow our sedation instructions, including having a responsible adult drive you.
- You may eat a light meal before your appointment, including if you are having sedation.
- Wear comfortable clothes and plan to rest for the rest of the day.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Bleeding

- Bite firmly on the gauze for 30 to 45 minutes. Replace it with fresh, damp gauze if bleeding continues.
- Pink saliva or light oozing for 24 to 48 hours is normal.
- If bleeding is heavier, bite on damp gauze or a damp black tea bag for 30 minutes, and sit with your head raised.

Protect the blood clot

- Do not spit forcefully, use a straw, smoke or vape for at least the first 24 hours, or longer if your dentist advises. These can dislodge the blood clot.
- Do not rinse vigorously the first day.

Swelling and comfort

- Swelling often peaks on day two or three. Use a cold pack on your cheek, 20 minutes on and 20 minutes off, during the first 24 to 48 hours.
- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- Do not drive or drink alcohol while taking prescription pain medicine.

Eating and drinking

- Drink plenty of fluids. Eat soft, cool foods such as yogurt, smoothies (with a spoon), eggs and mashed potatoes.
- Avoid hot, spicy, crunchy or seedy foods and alcohol for the first few days, and chew away from the area.

Cleaning your mouth

- Starting the next day, rinse gently with warm salt water after meals.
- Brush your other teeth gently. Be careful near the extraction site.

- If you were given an irrigation syringe, use it only as instructed.

What's normal

- Mild bruising, jaw stiffness and, after wisdom teeth, a sore throat or earache for a few days.
- Feeling small, hard edges in the socket as the bone heals.

Oral biopsy

- Leave the area alone the day of surgery. Starting the next day, brush gently and keep the rest of your mouth clean.
- Ask at your visit how your results will be shared, and keep any follow-up visit.

When to call us

Call us at (972) 290-0903 if you have:

- Throbbing pain that gets worse two to four days after the extraction, often with a bad taste or odor, or pain that spreads to your ear (this can be a dry socket)
- Bleeding that does not slow after an hour of firm pressure
- Swelling that keeps getting worse after the third day, fever or pus
- Numbness that has not gone away by the next day

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Dental implants, bone grafts, sinus lifts and PRF

Covers: Implant placement, bone grafting, sinus lifts, PRF and the surgical part of implant-supported dentures.

Before your visit

- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- If a physician has told you to take antibiotics before dental visits (for example, for certain heart conditions or joint replacements), take them exactly as prescribed.
- If you were prescribed medicine to take before surgery, take it exactly as directed.
- If you are having oral sedation, follow our sedation instructions, including having a responsible adult drive you.
- If you smoke or vape, stopping before and after surgery helps implants heal. Ask us for help.
- Wear comfortable clothes and plan to rest for the rest of the day.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Bleeding

- Bite on gauze for 30 to 45 minutes. Light oozing for a day or two is normal.
- If bleeding continues, bite on fresh, damp gauze for another 30 minutes with your head raised.

Protect the site

- Do not spit forcefully, use a straw, smoke or vape for at least the first 24 hours, or longer if your dentist advises. These can dislodge the blood clot.
- Do not rinse vigorously the first day.
- Do not chew on the implant site or press on it with your tongue or fingers.
- If you have a healing cap or same-day temporary tooth, do not bite into food with it unless your dentist says it is OK.
- If you wear a denture or flipper over the area, wear it only as your dentist directs.

After a sinus lift

- Do not blow your nose for 4 weeks, or longer if your dentist tells you to wait. You may sniff gently. If you have to sneeze, sneeze with your mouth open.
- A little bleeding from the nose for a day or two can be normal. If swelling is severe or you have a fever, call us at (972) 290-0903.
- Avoid flying, scuba diving and heavy lifting for 2 to 3 weeks, or until your dentist says it is OK.

Swelling and comfort

- Use a cold pack on your cheek, 20 minutes on and 20 minutes off, during the first 24 to 48 hours. Bruising can happen.

- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- If antibiotics were prescribed, take all of them as directed.
- Do not drive or drink alcohol while taking prescription pain medicine.

Eating

- Eat soft foods and chew on the other side for as long as your dentist advises. Avoid hot, hard, crunchy and seedy foods at first.

Cleaning your mouth

- Starting the next day, rinse gently with warm salt water or the rinse you were given.
- Brush your other teeth normally and clean near the implant gently as directed.
- Once healed, clean around your implant every day, like a natural tooth, and keep your regular checkups.

If PRF was also used on your face or skin

- Follow the written facial aftercare you were given as well. Those skin-care rules do not replace the implant, graft or sinus-lift instructions on this page. See also our facial esthetic care instructions.

When to call us

Call us at (972) 290-0903 if you have:

- Bleeding that will not slow with firm pressure
- Swelling or pain that gets worse after the third day, fever or pus
- Numbness of the lip, chin or tongue that has not gone away by the next day
- A healing cap, temporary tooth or implant that feels loose
- After a sinus lift: a lot of bleeding from the nose, or air or fluid passing between your mouth and nose

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

Bella Family Dental
(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Dentures: complete, partial, immediate and implant-supported

Covers: Complete and partial dentures, immediate dentures and implant-supported dentures.

Before your visit

- Bring your current denture or partial, if you have one, to every visit.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- If extractions are planned the same day, also follow our extraction instructions.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Immediate dentures (placed the day of extractions)

- If your denture is placed the same day as extractions, leave it in for the first 24 hours unless your dentist tells you otherwise. It acts like a bandage and helps control bleeding and swelling.
- After that, take it out only as directed to rinse your mouth and clean the denture, then put it back in so swelling does not keep it from seating.
- Follow our extraction instructions for bleeding, swelling and diet.
- Keep your follow-up visit. As your gums heal and shrink, the denture will need adjustments and, later, a reline.

Getting used to new dentures

- New dentures can feel bulky, and you may have more saliva at first. This usually settles within a few weeks.
- Sore spots are common. Call us for an adjustment. Do not try to adjust or file the denture yourself.
- Practice speaking by reading aloud.
- Start with soft foods cut into small pieces, and chew on both sides at the same time.

Daily care

- Take your denture out and rinse it after meals.
- Brush it every day with a denture brush and a non-abrasive denture cleaner, not regular toothpaste.
- Unless your dentist tells you otherwise, take it out at night and keep it moist in water or a soaking solution.
- Never use hot water, which can warp it. Clean over a folded towel or a sink of water in case you drop it.
- Brush your gums, tongue and any remaining teeth every day. With implant-supported dentures, clean around the implants and attachments as shown.

When to call us

Call us at (972) 290-0903 if you have:

- Sore spots that don't improve, or a denture that rubs or rocks
- A crack, chip or broken clasp
- A denture that feels loose or stops snapping in
- After extractions: heavy bleeding, fever or swelling that gets worse

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

View online or share:
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Bella Family Dental
(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Teeth whitening and internal bleaching

Covers: In-office whitening, take-home whitening trays and internal bleaching of a single darkened tooth.

Before your visit

- Have a dental exam first. Cavities and gum problems should be treated before whitening.
- Tell us if your teeth are sensitive. Using a sensitivity toothpaste for a couple of weeks beforehand may help.
- Crowns, veneers, bonding and fillings do not whiten. Your dentist will talk with you about timing if you plan to replace any of them.
- Whitening is not recommended during pregnancy or breastfeeding. Tell us if either applies.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Right after in-office whitening

- Wait about 30 minutes to eat, drink or use tobacco, then gently brush or wipe your teeth, unless your dentist tells you otherwise.

What's normal

- Tooth sensitivity or brief "zings" for a day or two.
- Gums that look slightly white or feel irritated where gel touched them. This usually fades within hours.

Keep your result

- For the first 48 hours, or as your dentist advises, limit coffee, tea, red wine, cola, berries, soy sauce, tomato sauce, curry and tobacco.
- Rinse with water after dark foods and drinks.

Comfort

- Use a sensitivity toothpaste. Avoid very hot or cold foods and drinks for a day or two.
- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.

Take-home trays

- Use only the gel we provide, in the amount shown, for the wear time your dentist recommends. More is not better.
- Wipe away any gel that gets on your gums.
- If sensitivity is strong, skip a day or two and call us.

Internal bleaching

- The tooth has a temporary filling between visits. Avoid biting hard foods with it and keep every follow-up visit.

When to call us

Call us at (972) 290-0903 if you have:

- Sensitivity that is severe or lasts more than a few days
- Gum irritation that does not fade
- A temporary filling comes out after internal bleaching

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

View online or share:
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Bella Family Dental
(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

D'Aura No-Prep Composite Veneers and cosmetic bonding

Covers: D'Aura No-Prep Composite Veneers (no-prep/no-shave) and cosmetic edge bonding.

Before your visit

- If whitening is part of your plan, it is usually done before your veneers, because veneers don't whiten later. Follow the plan Dr. Dang gave you.
- Numbing usually isn't needed for composite veneers or bonding, but your dentist decides case by case.
- You may eat a light meal beforehand. Plan for a longer visit, and bring headphones if music helps you relax.
- Brush and floss well before you come in.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Right after your visit

- Numbing usually isn't needed, so most people can eat as soon as they leave. If you were numbed, wait until the numbness wears off before eating.
- Your gums may be a little tender for a day or two.

Getting used to your new smile

- Your teeth may feel smoother, fuller or different to your lips and tongue. Most people adjust within a few days.
- Some words may sound slightly different for a few days.
- Mild sensitivity to cold for a few days is common.
- If your bite feels uneven or something feels sharp, call us. A quick adjustment usually fixes it.

Keep them looking their best

- Composite can pick up stains over time. Limit coffee, tea, red wine, cola, soy sauce, curry and tobacco, especially in the first few days, and rinse with water afterward.
- Regular professional polishing keeps composite bright.

Every day

- Brush twice a day with a soft brush and a non-abrasive fluoride toothpaste. Skip charcoal and gritty whitening toothpastes, which can dull the surface. Skip alcohol-based mouth rinses, which can weaken bonding.
- Floss every day.
- Don't bite directly into very hard foods (ice, hard candy, bones, popcorn kernels) or use your teeth to open packages, bite nails or chew pens.
- If you grind or clench, wear your nightguard every night. It protects your investment.

- Keep regular cleanings and checkups so Dr. Dang can check and polish your veneers.

When to call us

Call us at (972) 290-0903 if you have:

- A veneer chips, cracks, feels loose or comes off (keep it and bring it with you)
- Your bite feels uneven or an edge feels sharp
- Sensitivity that gets worse or lasts more than a couple of weeks
- Gum soreness or swelling that doesn't improve

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

D'Aura Digital Hybrid Veneers

Covers: D'Aura Digital Hybrid Veneers (3D-printed veneers): the design visit and the bonding visit.

Before your visit

- If whitening is part of your plan, it is usually done before your veneers, because veneers don't whiten later. Follow the plan Dr. Dang gave you.
- You may eat a light meal beforehand. Plan for a longer visit, and bring headphones if music helps you relax.
- Brush and floss well before you come in.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

After your design visit

- If any minimal prep was done, teeth may feel slightly sensitive or rough for a few days.
- Numbness usually wears off within a few hours. Until it does, avoid chewing and hot drinks so you don't bite your cheek, lip or tongue or burn yourself.

If you have temporary veneers

- Temporaries are placeholders. They may feel rough or look less refined than your final veneers.
- Avoid hard, sticky and chewy foods, and cut food into small pieces.
- Floss gently and slide the floss out to the side.
- If a temporary loosens or comes off, keep it and call us. Do not try to glue it yourself.

After your bonding visit

- The gums around your veneers may be tender for a few days.
- You can eat once any numbness wears off.

Getting used to your new smile

- Your teeth may feel smoother, fuller or different to your lips and tongue. Most people adjust within a few days.
- Some words may sound slightly different for a few days.
- Mild sensitivity to cold for a few days is common.
- If your bite feels uneven or something feels sharp, call us. A quick adjustment usually fixes it.

Every day

- Brush twice a day with a soft brush and a non-abrasive fluoride toothpaste. Skip charcoal and gritty whitening toothpastes, which can dull the surface. Skip alcohol-based mouth rinses, which can weaken bonding.
- Floss every day.

- Don't bite directly into very hard foods (ice, hard candy, bones, popcorn kernels) or use your teeth to open packages, bite nails or chew pens.
- If you grind or clench, wear your nightguard every night. It protects your investment.
- Keep regular cleanings and checkups so Dr. Dang can check and polish your veneers.

When to call us

Call us at (972) 290-0903 if you have:

- A veneer chips, cracks, feels loose or comes off (keep it and bring it with you)
- Your bite feels uneven or an edge feels sharp
- Sensitivity that gets worse or lasts more than a couple of weeks
- Gum soreness or swelling that doesn't improve

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

Bella Family Dental
(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

D'Aura Minimal Prep Porcelain Veneers

Covers: D'Aura Minimal Prep Porcelain Veneers: the preparation visit, temporaries and the bonding visit.

Before your visit

- If whitening is part of your plan, it is usually done before your veneers, because veneers don't whiten later. Follow the plan Dr. Dang gave you.
- You may eat a light meal beforehand. Plan for a longer visit, and bring headphones if music helps you relax.
- Brush and floss well before you come in.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

After your preparation visit

- Numbness usually wears off within a few hours. Until it does, avoid chewing and hot drinks so you don't bite your cheek, lip or tongue or burn yourself.
- Teeth may feel sensitive to cold and the gums may be tender for a few days.
- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.

If you have temporary veneers

- Temporaries are placeholders. They may feel rough or look less refined than your final veneers.
- Avoid hard, sticky and chewy foods, and cut food into small pieces.
- Floss gently and slide the floss out to the side.
- If a temporary loosens or comes off, keep it and call us. Do not try to glue it yourself.

After your bonding visit

- The gums around your veneers may be tender for a few days.
- You can eat once any numbness wears off.

Getting used to your new smile

- Your teeth may feel smoother, fuller or different to your lips and tongue. Most people adjust within a few days.
- Some words may sound slightly different for a few days.
- Mild sensitivity to cold for a few days is common.
- If your bite feels uneven or something feels sharp, call us. A quick adjustment usually fixes it.

Every day

- Brush twice a day with a soft brush and a non-abrasive fluoride toothpaste. Skip charcoal and gritty whitening toothpastes, which can dull the surface. Skip alcohol-based mouth rinses, which can weaken

bonding.
- Floss every day.
- Don't bite directly into very hard foods (ice, hard candy, bones, popcorn kernels) or use your teeth to open packages, bite nails or chew pens.
- If you grind or clench, wear your nightguard every night. It protects your investment.
- Keep regular cleanings and checkups so Dr. Dang can check and polish your veneers.

When to call us

Call us at (972) 290-0903 if you have:

- A veneer chips, cracks, feels loose or comes off (keep it and bring it with you)
- Your bite feels uneven or an edge feels sharp
- Sensitivity that gets worse or lasts more than a couple of weeks
- Gum soreness or swelling that doesn't improve

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Clear aligners

Covers: Clear aligners, including attachments and retainers.

Our in-house clear aligners are our main option; Invisalign® is also available on request.

Before your visit

- Brush and floss before your scan or aligner visit.
- Have any cavities or gum problems treated first, as your dentist recommends.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Wearing your aligners

- Wear your aligners 20 to 22 hours a day, unless your dentist tells you otherwise. Take them out to eat, to drink anything except plain water, and to brush and floss.
- Wear each set in the order you were given. Do not move to the next aligner early.
- If an aligner is lost, cracked or does not fit, or if the number does not match your plan, call us at (972) 290-0903 before you go on.
- Brush your teeth (or at least rinse well) before putting them back in.

What's normal

- Pressure or soreness for the first few days of each new set.
- A slight lisp for the first few days.
- Small tooth-colored bumps (attachments) may be bonded to some teeth to help the aligners grip.

Comfort

- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- Soft foods help on the first days of a new set.

Caring for your aligners

- Rinse them when you take them out. Clean gently with a soft brush and cool water.
- Never use hot water, which can warp them.
- Keep them in their case, never wrapped in a napkin, and away from pets.

Retainers

- When treatment ends, retainers are required. Wear them as directed so your teeth don't shift. Unless your dentist gives you a different schedule, wear a retainer all day except meals for the first year, then every night after that.

When to call us

Call us at (972) 290-0903 if you have:

- An aligner cracks, is lost, or no longer fits
- A rough edge or attachment cuts your gum or cheek
- Pain that is more than mild pressure, or lasts more than a few days

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

View online or share:
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Bella Family Dental
(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Braces and orthodontic appliances, including HealthyStart®

Covers: Traditional braces, early and adult orthodontic appliances, and the HealthyStart® program for children.

Before your visit

- Brush and floss well before each visit.
- You may eat a light meal beforehand. Teeth may be sore after placement or an adjustment.
- A parent or guardian should come with children.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

What's normal

- Teeth may ache or feel loose for a few days after braces go on and after adjustments.
- Cheeks and lips may be irritated while they get used to the brackets.

Comfort

- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- Press a small piece of orthodontic wax over any bracket or wire that rubs.
- Rinse with warm salt water for sore spots.

Foods to avoid with braces

- Hard, sticky or chewy foods: popcorn, nuts, ice, hard candy, caramel, gum and hard crusts.
- Cut foods such as apples, carrots and corn off the cob into small pieces.

Cleaning

- Brush after meals, around every bracket and along the gumline.
- Floss daily with a floss threader, orthodontic floss or a water flosser.

Removable appliances and HealthyStart

- Wear the appliance for the hours your dentist recommends.
- Rinse and brush it gently with cool water, and keep it in its case when not in your mouth.
- Parents: help younger children wear and clean their appliance, and bring it to every visit.

Palatal expander

- The first few days after an expander is placed or turned, pressure in the teeth, palate, nose or cheeks, a tight feeling, a temporary lisp, more saliva, a mild headache, and a space opening between the upper front teeth can all be normal.
- Turn the expander only as Dr. Dang showed you. Never skip a turn or add a turn on your own. If you are not sure the turn was complete, call us at (972) 290-0903 before you try again.
- Soft foods for the first few days. Avoid sticky candy, gum, ice, popcorn, nuts and hard chips, which can loosen the appliance.

- Brush after meals, including around the expander, with a soft brush and fluoride toothpaste.
- Call us right away if the expander or a band comes loose, the key gets stuck, you cannot complete a turn, or pain or swelling is getting worse.

When to call us

Call us at (972) 290-0903 if you have:

- A loose or broken bracket or band
- A wire that pokes and can't be covered with wax
- A cracked, lost or poorly fitting appliance
- Pain that lasts more than a few days

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Nightguards, sports mouthguards and retainers

Covers: Custom 3D-printed nightguards, sports mouthguards and retainers.

Before your visit

- Brush and floss before your scan or fitting.
- If you are picking up a guard, bring your old one if you have it.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Getting used to it

- It may feel snug, and you may have more saliva, for the first few nights. This usually settles within a week or two.
- Wear it every night (nightguard), for every practice and game (sports guard), or as directed (retainer). If you have a nightguard, you may also wear it if you notice yourself clenching or grinding during the day.

Cleaning

- Brush and floss before you put the guard in.
- Rinse it after each use and brush it gently with a soft brush and cool or lukewarm soapy water. Toothpaste can scratch it. Do not soak it in mouthwash, denture cleaner or hot water.
- Let it air-dry and store it in its vented case, away from heat and pets.
- Never use hot water or the dishwasher, and don't leave it in a hot car. Heat can warp it.
- If it feels loose, tight or rough, call us at (972) 290-0903 for an adjustment.

Bring it with you

- Bring your guard or retainer to checkups so we can check the fit.

When to call us

Call us at (972) 290-0903 if you have:

- It cracks, breaks or no longer fits
- Teeth or jaw soreness that doesn't settle after the first week
- Your bite feels different in the morning and doesn't return to normal

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

View online or share:
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347 W Jefferson Blvd, Dallas, TX 75208

Sedation: nitrous oxide and oral sedation

Covers: Nitrous oxide (laughing gas) for children and adults, and oral sedation for adults.

Before your visit

- Oral sedation: a responsible adult, 19 or older, must drive you to and from your visit, sign you out, and stay with you for the rest of the day and overnight, up to 24 hours, because the medicine can make you sleepy, forgetful or unsteady. You cannot drive, take a rideshare or taxi alone, or walk home alone.
- You may eat a light meal before your appointment, for oral sedation (Halcion) and nitrous oxide alike, unless your dentist gives you different instructions. Avoid a heavy meal in the hours before.
- Take your sedation medicine only exactly as prescribed. Never take extra, and don't drive after taking it.
- Do not drink alcohol for at least 24 hours before your visit.
- Tell us about every medicine and supplement you take, including sleep aids, anxiety medicine, pain medicine and cannabis, and any breathing problems, sleep apnea or pregnancy.
- Wear loose, comfortable clothing. Remove contact lenses.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

After oral sedation

- For the rest of the day (at least 24 hours), do not drive, use machinery or power tools, drink alcohol, sign important papers or make major decisions.
- Rest at home with a responsible adult nearby.
- Use extra care on stairs, and do not be left alone with young children during that time.
- Start with clear liquids, then soft foods. Sit up slowly and get help walking at first, since you may feel dizzy.

After nitrous oxide

- You will breathe oxygen at the end of your visit, and the effects usually wear off within minutes.
- Your dentist will tell you before you leave whether it is safe to drive or return to normal activity.

Also follow

- The care instructions for the treatment you had that day.

When to call us

Call us at (972) 290-0903 if you have:

- Nausea or vomiting that doesn't stop
- Confusion or drowsiness that is not improving by the next morning
- A rash, itching or other reaction to a medicine

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

View online or share:
https://www.bellafamilydental.com/patient-care-instructions/sedation-nitrous-oxide-oral-sedation/
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Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Dental emergencies: what to do before you come in

Covers: First steps for a toothache, a knocked-out or broken tooth, a lost filling or crown, and swelling. After your emergency visit, follow the instructions for the treatment you had.

First steps at home

- Call us at (972) 290-0903 as soon as you can so we can help you plan your visit.
- Toothache: rinse with warm water and gently floss to remove trapped food. Hold a cold pack on your cheek. Do not put aspirin or other pills on the gum.
- Knocked-out adult tooth: pick it up by the crown (the white part), not the root. If it is dirty, rinse it briefly in milk or water without scrubbing. If you can, gently put it back in its socket and bite on a cloth. If not, keep it in milk or in your cheek (if you won't swallow it) and come in right away. Time matters.
- Knocked-out baby tooth: do not put it back in. Call us.
- Broken or chipped tooth: save any pieces, rinse your mouth with warm water, and use a cold pack for swelling.
- Lost filling or crown: keep the crown and bring it with you. Avoid chewing on that side.
- Swelling: hold a cold pack on the outside of your face and call us. Do not put heat on the swelling.
- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.

After your visit

After your visit

- Follow the care instructions for the treatment you had, such as a filling, root canal, extraction or crown.
- Keep any follow-up visit we schedule.

When to call us

Call us at (972) 290-0903 if you have:

- Any tooth that is knocked out, broken or loose after an injury
- Swelling, fever or a pimple-like bump on the gum
- A toothache that keeps you up at night

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

Bella Family Dental
(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

TMJ and pain therapy: Emface® protocol, muscle therapy, photobiomodulation and AcuLase®

Covers: TMJ treatment, the Emface® protocol, TMJ muscle pain therapy, photobiomodulation and AcuLase® red light therapy.

Before your visit

- Write down your symptoms: when your jaw hurts, clicks or locks, headaches, and what makes it better or worse.
- Tell us if you have a pacemaker or other implanted electronic device, metal implants in your face or head, or are pregnant.
- For facial treatments, arrive with clean skin and no makeup, lotion or jewelry on the treatment area.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- Do not stop a prescribed blood thinner on your own. Ask the physician who prescribed it before making any change. If you are having injections, over-the-counter NSAIDs such as ibuprofen or naproxen, aspirin that is not a prescribed daily blood thinner, and supplements that can increase bruising are typically paused for 3 days to 1 week before and after, as your provider directs.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

What's normal

- Mild muscle tiredness, warmth or redness in the treated area for a short time.
- Symptoms often improve gradually over a series of visits.

Help your jaw rest

- Choose softer foods and cut food into small pieces. Avoid gum, tough meats and very chewy foods.
- Support your chin when you yawn and avoid opening very wide.
- Do any jaw exercises exactly as shown, and wear your nightguard if one was made for you.
- Use a warm or cold compress as your dentist recommends.
- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.

After Emface®

- Emface® is FDA-cleared for TMJ pain. Our Emface TMJ protocol is 6 treatments of about 20 minutes each: 4 weekly sessions followed by 2 maintenance sessions. No numbing medicine is used, so your provider can keep the warmth and muscle stimulation comfortable throughout.
- There is typically no downtime. Most patients return to their usual routine right after the visit. The facial laser and microneedling skin-care rules on our facial treatments page do not apply to a standard Emface visit.

- Possible side effects are usually brief: redness, mild swelling, warmth, dry skin, temporary muscle tiredness or spasm, extra tearing, and headache or dizziness. Uncommonly, a crust, blister or burn can occur.
- Continue the rest of your TMJ care, such as your nightguard, and complete the full series.
- Call us at (972) 290-0903 if redness, swelling or discomfort is severe or lasts longer than expected, or if you notice a crust, blister or burn, or a headache or dizziness that concerns you.

After trigger point injections

- Tenderness, redness, swelling or bruising at the injection sites is common for a few days.
- Gentle facial movement is fine. Avoid rubbing or massaging the area for several hours, and avoid strenuous exercise for 48 hours.
- A cold compress can help. Take over-the-counter pain medicine only as your dentist or the label directs, unless you were told to avoid a particular medicine.
- It can take 10 to 14 days to feel the full effect. Keep your follow-up visit. Call us at (972) 290-0903 if symptoms last more than a week or get worse.

After Botox or a similar neurotoxin

- Remain upright for 4 to 6 hours. Do not lie down or bend forward a lot, and do not rub the area or wear a tight hat or headband on it.
- Skip makeup over the injection sites for at least 4 hours.
- For the first 24 hours, or as advised: avoid strenuous exercise, facials, peels, laser treatments, alcohol, and heat (sauna, hot tub, tanning).
- Mild redness, pinpoint bruising, or a brief headache can occur. Effects often start in 3 to 5 days and are more fully visible in 10 to 14 days.

Keep your appointments

- Many of these treatments work as a series. Keep each scheduled visit.

When to call us

Call us at (972) 290-0903 if you have:

- Your jaw locks open or closed
- Pain that gets worse after treatment
- Redness, blistering or irritation of the skin that doesn't fade
- After Botox: trouble swallowing or breathing, a severe or spreading rash, marked eyelid droop, a change in vision, or weakness that worries you. For breathing difficulty, call 911.

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Facial esthetic treatments: SmoothLase®, EyeLase®, LipLase®, laser peel, microneedling, fillers and related laser care

Covers: SmoothLase®, EyeLase®, LipLase®, laser peels, microneedling (including with PRF), Bio Filler, traditional dermal fillers (hyaluronic acid or Radiesse, when ordered in advance), Botox or a similar neurotoxin when used as a facial treatment, and Fotona laser hair removal, vein treatment and mole removal, and Exion® Fractional RF and Clear RF.

Before your visit

- Avoid tanning and heavy sun exposure on the treatment area beforehand. Tell us if you have a sunburn. Avoid tanning beds for at least 2 weeks before treatment.
- Pause retinoids, exfoliating acids or scrubs for about 7 days before your visit, or for the time you were told.
- Tell us if you get cold sores (lip and mouth-area treatments can trigger them, even if you do not recall a prior outbreak), have taken isotretinoin (Accutane), take blood thinners, have a skin condition or infection, or are pregnant or breastfeeding.
- Take a cold-sore antiviral as prescribed by your provider, typically starting 2 days before treatment and continuing for 3 days after.
- Do not stop a prescribed blood thinner on your own. Ask the physician who prescribed it before making any change. Over-the-counter NSAIDs such as ibuprofen or naproxen, aspirin that is not a prescribed daily blood thinner, and supplements that can increase bruising are typically paused for 3 days to 1 week before and after treatment, as your provider directs.
- Do not eat for 2 hours before your visit. Avoid alcohol, caffeine and cigarettes for 3 days before and 3 days after treatment.
- Drink plenty of water the day before and the day of your visit, as advised.
- Arrive with clean skin and no makeup or lotion on the treatment area.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

What's normal

- Redness, warmth, mild swelling or a tight, sunburn-like feeling for a few days.
- Light flaking or peeling after a laser peel. Let it come off on its own; don't pick or scrub.
- After filler: mild swelling, tenderness or bruising where it was placed.

Skin care (this is the conservative timeline we use unless your dentist gives you different written instructions)

- Do not touch, press, rub or manipulate the treated area for at least 8 hours.
- Do not wash your face for at least 6 hours. Then use a gentle cleanser (such as Cetaphil) and lukewarm water, and remove any serum or dried blood as directed. Do not use a rough washcloth at first. A bland ointment (such as Aquaphor) or the product you were given may be used for dryness.

- No makeup and no sunscreen for 24 hours. Light makeup may be worn after 72 hours if the skin is intact. (This rule does not apply to Exion® Fractional RF or Clear RF; see the Exion section below.)
- After those first 24 hours, use a broad-spectrum SPF 30 or higher once your dentist says it's OK, and wear a hat. Avoid intentional sun, tanning beds and strong heat for at least 3 days, and avoid heavy sun for at least 10 days.
- Pause alpha-hydroxy acids, beta-hydroxy acids, retinol, strong vitamin C and other 'active' skincare for at least 1 month, or until your dentist says it is safe.
- Do not swim for at least 24 hours. Avoid saunas, hot tubs and strenuous exercise (heavy sweating) for 2 days, or as advised.
- Drink plenty of water the day of treatment and in the days after, as advised. Continue to avoid alcohol, caffeine and cigarettes for 3 days after treatment.
- Take your cold-sore antiviral as prescribed by your provider, typically 2 days before and 3 days after treatment.

After microneedling or PRF

- If you had a blood draw, keep the bandage in place as directed and drink fluids. A cool compress may be used 10 minutes on and 10 minutes off for swelling or bruising if your dentist says it is appropriate.
- If blistering or scabbing occurs, do not pick.

After Bio Filler or traditional dermal fillers (hyaluronic acid or Radiesse)

- Do not massage or press the area unless your dentist showed you to. Remain upright for about 4 hours after injections if you were so advised. Sleep with your head slightly elevated the first night if you were told to.
- Do not apply makeup over injection sites for at least 4 hours (and follow the 24-hour / 72-hour makeup rules above if the skin was also needled or treated with a laser).
- A cool compress can help with swelling (often 10 minutes on and 10 minutes off).
- Some swelling can make the area look uneven at first; the look often settles over 1 to 2 weeks.
- Call us at (972) 290-0903 for severe or increasing pain, or skin that turns pale, blotchy, gray or blue. For any change in vision, call 911.

After Botox or a similar neurotoxin

- Remain upright for 4 to 6 hours. Do not lie down or bend forward a lot, and do not rub the area or wear a tight hat or headband on it.
- Skip makeup over the injection sites for at least 4 hours.
- For the first 24 hours, or as advised: avoid strenuous exercise, facials, peels, laser treatments, alcohol and heat (sauna, hot tub, tanning).
- Mild redness, pinpoint bruising, or a brief headache can occur. Effects often start in 3 to 5 days and are more fully visible in 10 to 14 days.

After Exion® Fractional RF or Clear RF

- Exion® Fractional RF and Clear RF follow the manufacturer's (BTL) protocol below. For Exion visits, these steps take the place of the general skin-care timeline above. The general "no sunscreen for 24 hours" rule does not apply to Exion.
- Over-the-counter NSAIDs such as ibuprofen or naproxen are paused for one week before and one week after each session, unless a doctor prescribed them. Do not stop a prescribed blood thinner on your own; ask the physician who prescribed it.
- If treatment is near the mouth, take a cold-sore antiviral as prescribed by your provider, typically starting 2 days before and continuing for 3 days after.

- Right after treatment, the skin may be cooled and a soothing cream applied if needed. Avoid anything that irritates the treated skin for 24 to 48 hours.
- Avoid sun exposure or any excessive tanning for several days after the treatment. A broad-spectrum UVA/UVB sunblock should be used outdoors until the skin is completely healed.
- Makeup may be applied only 24 to 72 hours after treatment, and only on unbroken skin.
- After 24 hours, regular soap is fine. Avoid scrub soaps and exfoliants for the first 24 hours.
- A typical plan is 2 to 5 sessions. Your next session is scheduled only after the skin has fully recovered, typically 1 to 6 weeks later.

After Fotona hair removal, vein treatment or mole removal

- Tell your dentist at once if a pulse feels too hot. Wear the eye protection you are given for the entire treatment.
- Follow the skin-care timeline above. Do not pick at crusts. Do not wax, pluck or use depilatory cream on a hair-removal area during the treatment series unless your dentist says otherwise (shaving may still be allowed).
- Hair or a vessel may not fully respond, or may return; more sessions may be needed. If a mole or spot was treated, watch it as it heals. Suspicious lesions are biopsied or referred rather than laser-removed. If a biopsy or referral was recommended, complete that step.

When to call us

Call us at (972) 290-0903 if you have:

- Blistering, crusting, oozing or signs of infection
- Redness or swelling that gets worse after the second day
- A cold sore outbreak after a lip-area treatment
- After filler: severe or increasing pain, or skin that turns pale, blotchy, gray or blue. Call right away. For any change in vision, call 911.
- After mole or lesion treatment: heavy bleeding, or a site that does not heal or changes in color or shape

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

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Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

NightLase® and cold sore or mouth ulcer laser therapy

Covers: NightLase® for snoring and cold sore or mouth ulcer laser therapy.

Before your visit

- NightLase: tell us about any sleep study results and whether you have been told you have sleep apnea. NightLase is not a substitute for medical treatment of sleep apnea.
- Cold sores and ulcers: come in as early as you can once you feel tingling or see a sore.
- Take a cold-sore antiviral as prescribed by your provider, typically starting 2 days before treatment and continuing for 3 days after. Laser treatment in or around the mouth can trigger a cold sore, including in people who do not recall a prior outbreak.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

After NightLase

- Your throat or the back of your mouth may feel dry, warm, slightly swollen or a little sore for a day or two, like a mild sore throat.
- Sip cool water and avoid very hot, spicy or crunchy foods for a day.
- Changes in snoring usually happen gradually over the series of visits. Keep each scheduled visit.

After cold sore or ulcer treatment

- Keep the area clean and try not to touch it. Wash your hands if you do.
- Avoid spicy, salty, acidic or crunchy foods until it heals.
- For cold sores, use a lip balm with sunscreen, and don't share cups, utensils or lip products.
- Continue your cold-sore antiviral as prescribed by your provider (typically 2 days before and 3 days after treatment).

When to call us

Call us at (972) 290-0903 if you have:

- Pain or swelling that gets worse instead of better
- Trouble swallowing
- A sore that hasn't healed within two weeks

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

View online or share:
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