

Post-Treatment Care Instructions

Urban Dental Clinic | KN 2 St, TCB Building, Kigali | +250 788 200 723

After an extraction

Bite gently on the gauze for 30-45 minutes.

No rinsing, spitting or straws for 24 hours.

Cold compress for swelling; soft food for the first day.

After a filling or crown

Avoid chewing on the treated side until the numbness wears off.

Mild sensitivity to cold for a few days is normal.

After a root canal

Take prescribed medication as directed.

Avoid hard food on the tooth until the final restoration is placed.

After whitening

Avoid coffee, tea, red wine, and coloured food for 48 hours.

Use a sensitivity toothpaste if needed.

Call us

If bleeding, swelling or pain increases after 48 hours, call +250 788 200 723.

Sample form — final version will be provided by the clinic.