

TAD INSTRUCTIONS



Soft diet for 1st two days and avoid chewing food in the area in which the TAD was placed.



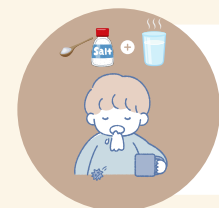
Avoid spicy and acidic foods



Avoid disturbing the area by touching it with the tongue or fingers (it may transfer bacteria into the surgical site.)



Avoid strenuous physical activities for the first 24hrs.



After 24 hours, rinse with a solution made of 1/2 teaspoon salt and 8 ounces of warm water.



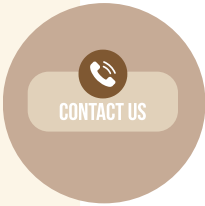
If you do feel any discomfort from having your TADs placed, Tylenol is recommended to help relieve your pain. If you continue to experience discomfort days after your treatment, please contact us.



Continue normal brushing and flossing habits but we advise you to be gentle to the soft tissues where the TAD was placed.



You can use a cotton bud (Q-tip) dipped in C-20 (Chlorhexidine mouthwash) and clean the gums around the TAD once a day.



On occasion, the TAD might become a little loose. In most cases this minor mobility is nothing to be concerned about. However, if you feel the TAD is excessively loose or it is causing you discomfort, please contact us.