NIGHTLASE®

Post-Operative Instructions

Restoration
DENTAL STUDIO

- NO ICED DRINKS for at least one hour after treatment is completed. Hydrate with **warm** water.
- You can resume your normal daily activities immediately after the procedure, but avoid strenuous activities or heavy lifting for 24 hours to reduce potential discomfort.
- You may feel a mild sore throat for several days. Normally, it is not needed, but over-the-counter pain relievers can be used to relieve soreness (see the attached sheet for recommended dosages for over-the-counter pain relievers).
- It is important to keep a balanced diet and exercise. It is also very important to stay hydrated with 6 to 8 glasses of warm water (8oz glasses).
- Avoid salty, spicy, acidic, or crunchy foods for 24 hours to prevent irritation.
- Avoid excessively hot foods and drinks for the rest of the day. It is best to stick to room-temperature or cool foods and drinks.
- Avoid alcohol for a minimum of 24 hours, and avoid smoking for a minimum of 48 hours.
- **Practice good sleep hygiene:**
  - Avoid blue light and electronics in the bedroom prior to going to bed.
  - Reduce or stop smoking.
  - Avoid energy drinks in the evening.
  - No large meals within two hours of going to bed.
  - No caffeine for at least 2 hours before going to bed.
  - Treat nasal congestion.
- Please be advised that an uncommon, but possible, side effect of any dental treatment is trismus, which causes prolonged jaw muscle stiffness. This typically resolves quickly on its own, but in rare cases may last for several months.

You may contact our office with questions or concerns at (219) 476-3100.