

General instructions before visiting Indiadens

We are glad that you chose Indiadens for your treatment. We would request you to follow the following instructions to make your visit more comfortable

1. Unless you have a sedation procedure, make sure you eat a high-protein meal before for your dental appointment that would help keep you full during the treatment.
2. Before leaving your house, ensure that you *brush your teeth* and *rinse with antimicrobial mouthwash* at home. Brush after a gap of about 30-60 minutes after your meal.
3. Remember to take your pre-operative medicines (if advised by your doctor).
4. Carry all your previous dental reports/x-rays/prescriptions along with you to the clinic.
5. If you have been on any medication previously, or are currently taking any medication, make sure that you inform the dentist. If you do not remember the names of the medicines, kindly ensure to get your doctor's prescription(s) along with you.
6. Write down all your concerns and questions to discuss with your dentist. Addressing your concerns will help ease out any anxiety and prepare you for the upcoming treatment.
7. For female patients, use of minimal makeup (lipstick, foundation, etc.) is suggested. If there is any social/official engagement after the appointment, it is advisable to carry your makeup with you and apply it later.
8. Be honest with your dentist about your oral hygiene habits. While this could be embarrassing for some people, it is necessary to bring it to your dentist's notice.
9. Bring along any kind of oral appliance or removable prosthesis that you wear inside your mouth, for example, mouth guard/night guard or removable retainers.
10. Arrive early for your appointment to avoid rush and overlap with the next appointments.
11. We look forward to seeing you and addressing all of your dental needs.

“One smile may not change the world, But your smile changes ours.”

-Team Indiadens