



Post - Procedure Instructions Cosmetic Restorations

- ◆ Remember that it will take time to adjust to the feel of your new bite. When the bite is altered or the position of the teeth is changed, it takes several days for the brain to recognize the new position of your teeth or their thickness as the new “normal”. If you continue to detect any high spots or problems with your bite, please call us so we can schedule an appointment to adjust those areas.
- ◆ It is normal to experience some hot, cold and pressure sensitivity. Removing tooth structure and placement of new materials may result in a period of adjustment.
- ◆ Your gums may be sore for a few days. Rinse three times a day with warm salt water (add a tsp. of salt to a cup of warm water, then rinse, swish and spit) to reduce discomfort, if needed.
- ◆ Mild pain medication, such as Tylenol or Advil, should ease your discomfort during the adjustment period, if needed.
- ◆ Do not be concerned if your speech is affected for the first few days. You'll quickly adapt and be speaking normally.
- ◆ You may notice increased salivary flow, your brain might be responding to the new size and shape of your teeth by increasing salivary flow. This should subside to normal within a week or so.
- ◆ Daily plaque removal is critical for the long-term success of your dental work. Maintain a regular oral hygiene routine. Daily brushing and flossing is a must. Regular cleaning appointments in our office are also critically important. The doctor and your hygienist will determine how frequent your professional cleaning appointments should be for your particular situation -- it might be more frequent than every six months. Your hygienist will use the appropriate cleaning abrasives and techniques for your specific cosmetic work.
- ◆ It is important to change habits to protect your new teeth. Any food that could chip, crack or damage your natural teeth can do the same to your new cosmetic restorations. Avoid sticky candies, any unusually hard foods or substances (such as peanut brittle, fingernails, pencils or ice). Avoid or minimize your use of foods that stain, such as tea, coffee, red wine and berries. Smoking will quickly yellow your teeth.
- ◆ Let us know if you grind your teeth at night so we can make you a custom mouth guard to protect your teeth as well as your jaw joint.
- ◆ Adjusting to the look and feel of your new smile will take time. If you have any problems or concerns, we always welcome your questions -- Please call us!