

## POST-OPERATIVE INSTRUCTIONS COSMETIC DENTISTRY

CONGRATULATIONS! You have just experienced your own cosmetic extreme smile makeover. The next few days are important in enhancing and maximizing your cosmetic restorations for a long lasting, bright, healthy, and beautiful smile.

### CROWNS, BRIDGES, VENEERS, & TOOTH COLORED RESTORATIONS

We have placed restorations on your teeth. These restorations were placed with the finest materials and techniques available today. They will replace your missing tooth structure or missing teeth very well and should give you years of service. However, you should be aware of the following information about your restorations.

- **(AGGRESSIVE) CHEWING:** As with natural teeth, avoid chewing excessively hard or sticky foods on the restorations for 24 hours from the time they are cemented (hard candy, ice, raw carrots, bones, pencils, etc.). The material can be broken from the teeth under extreme forces. The cement must mature to have optimum strength.
- **RECALLS:** Visit us for examinations and checkups at regular six-month examination periods. Often, problems that are developing with these restorations can be found at an early stage and repaired easily, while waiting for a longer time may require redoing entire treatment all over again.
- **PREVENTIVE PROCEDURES:** To provide optimum longevity for your restorations and to prevent future dental decay and supporting tissue breakdown, please use the following preventive procedures:
  - Brush with a fluoride-containing toothpaste and floss after eating and before bedtime.
  - Swish vigorously for at least 30 seconds daily with one of the following fluoride containing rinses: (1) Colgate Phosphur or (2) Listerine with fluoride. The best time is immediately before bedtime.
  - Brush with a toothpaste containing fluoride.
  - Use floss threader or other recommended cleansing aids.
- **SENSITIVITY:** Don't worry about mild sensitivity to hot or cold foods. It will disappear gradually over a few days.
- **THE FUTURE:** We expect you will receive several years of service from these veneers. However, after watching

restorations for many years, we have seen the following situations occur occasionally. They are unavoidable and may require restoration replacement:

- Extreme force or trauma can break porcelain veneers, just as the same force can break natural teeth.
- After a few years, some veneers may demonstrate slight stains at some locations around the edges (repairs can usually be accomplished)
- The gums (gingiva) may recede from the veneers, displaying discolored tooth structure underneath. This situation usually takes place over several years and requires veneer replacement.

- **PROBLEMS:** If one or more of the following conditions occurs, please contact us to avoid further problems:

- A feeling of movement or looseness in the restoration.
- Sensitivity to hot, cold, or sweet foods that doesn't disappear in a few days.
- A peculiar taste from the restoration site.
- Breakage of a piece of material from the restoration
- Sensitivity to pressure.

We have done our best to provide you with the finest quality oral restorations available today. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity. Replacement of the restorations may be required in several years.

### WHITENING PROCEDURES

For the next 48 hours, dark staining substances should be avoided, such as:

- Coffee and/or tea
- Cola (dark colored)
- Berries
- Tobacco products
- Red Wine

*(continued in the back)*

- Red Sauces
- Mustard or ketchup
- Soy Sauce
- Curries

Additional ways to maintain your sparkling smile:

- Avoid stain related habits.
- Use an automated toothbrush for maximum cleaning.
- Seek regular professional dental hygiene care to maintain oral health, keep staining to a minimum, and determine a need for whitening touchups.
- Practice good oral hygiene including thorough tooth brushing, flossing, tongue cleaning, and mouth rinsing.

If you have any problems or questions, please do not hesitate to call our office at (215) 223-5555. Thank you!

