



## **POST-OPERATIVE INSTRUCTIONS FOR COSMETIC RECONSTRUCTION**

Congratulations on your investment in yourself!

Remember, you have changed your bite and smile and that it will take time to adjust to the feel of your new bite. When your bite is altered, the position of your teeth change, and it may take several days for your brain to recognize the new position of the teeth or their thickness as normal. If you continue to detect any “high spots” or problems with the teeth call us so we can schedule an adjustment appointment.

As a result of removing tooth structure and placing new materials, it is normal to experience some hot or cold sensitivity. Your gums may also be sore for several days. Rinse three times a day with warm salt water (one teaspoon of salt into an 8 oz. cup of warm water, rinse-swish and spit) to reduce pain and swelling.

Mild pain medication should ease your discomfort during the adjustment period. Don't be alarmed if your speech is affected for the first few days. You'll quickly adapt and be speaking normally. You may also experience an increased salivary flow, as your brain sometimes responds to the new size and shape of your teeth by increasing salivary flow. This should subside to normal within a week.

Daily plaque removal is required for the long-term success of your dental work. Maintain a regular oral hygiene routine. Daily flossing is a must. Regular prophylaxis appointments at the interval set between you and your hygienist, are also critically important to maintaining your teeth and gums for your lifetime. We will use the appropriate cleaning abrasives and techniques for your specific cosmetic work.

You may have to change some 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, and any unusually hard substances such as peanut brittle, fingernails, pencils or ice. Avoid or minimize your use of items such as tea, coffee, red wine and berries, as they will stain your teeth. Smoking will quickly yellow your teeth. Let us know if you grind your teeth at night or engage in sports so we can make you a custom mouth guard.

Adjusting to the look and feel of your new smile will take time. If you have any problems or concerns, you are always welcome to contact us, 847-864-8151.