

(Smile. It's good for you!)

Care Instructions after Cosmetic Procedure

Congratulations on your new smile!

It is important that you remember it will take some time to adjust to the feel of your new bite. Here are some steps you can take to make that adjustment smoother and more comfortable for you, and to ensure the success of your new smile:

- * When your bite is altered, or the position of your teeth is changed, it will feel different for a few days. It takes several days for your brain to recognize and to adjust to the new conditions. If you detect any high spots or problems with your bite, call us to schedule an adjustment.
- * It is normal for teeth to be slightly sensitive to heat, cold, and pressure. This is because tooth structure has been removed to place new permanent material. The sensitivity should subside after a few days. If this does not please call.
- * Gums may also be sore in the area that had treatment. They could also be somewhat swollen for those few days as well. A warm salt water rinse will help with treating at home.
- * Mild, over the counter pain medication should ease any discomfort during this period of adjustment
- * Your speech might be affected slightly for the first few days, this is normal. Practice talking aloud or singing in the car!
- * Your brain might respond to the new size and shape of your teeth by increasing the amount of saliva. This should go back to normal in about a week.
- * If participating in a sport or recreation that requires a mouth guard, please ask about getting a custom fit guard to protect your new smile.
- * Any foods or substance that can crack, chip, or in any way damage your natural teeth can do the same to the new restorations. Avoid or minimize tobacco, red wine, sodas, coffee, and tea, this will help prevent staining. Do not chew on ice, pencils, fingernails, and avoid hard candy, popcorn kernels, or other hard foods.

Always call if you have any problems or concerns that may come up.