



## *Post Treatment Instructions*

### COSMETIC SMILE MAKEOVER

**Congratulations on your new smile!** It's 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 changes, it will feel different for a few days. It takes several days for you brain to recognize and adjust to the new conditions in your mouth. If you detect any high spots or problems with your bite, call us to schedule an adjustment.
- It's normal for your teeth the be a bit sensitive to heat, cold and pressure. That's because we removed some tooth structure, then place new materials on you teeth. The sensitivity should subside after several days. If it doesn't, be sure to call our office.
- Your gums may also be sore and somewhat swollen for several days. Rinsing three times a day with warm salt water will relieve the pain and swelling. Dissolve one teaspoon of salt in one cup of warm water, and gently swish, then spit carefully.
- Mild, over-the-counter pain medication should ease your discomfort during the adjustment period.
- Your speech might be affected slightly for the first few days; this is normal and is not a cause for concern. You will quickly adapt to the new feel in your mouth and be speaking normally.
- Your brain might respond to the new size and shape of your teeth by increasing salivary flow. This should subside to normal flow within a week.
- If you participate in sports, ask us about creating a custom mouthguard to protect your new smile.
- Remember, any food of substance that can crack, chip, or in any way damage your natural teeth can do the same to your new restorations. Avoid or minimize your consumption of tobacco, red wine, coals, coffee and tea. Don't chew on ice, pencils, fingernails, and avoid hard candy, popcorn hulls, and other unusually hard foods.
- It's critical that you maintain and effective daily oral hygiene routine in order to maximize the long-term success of your new teeth. Floss each day, and brush your teeth at least twice a day.