

PORCELAIN

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TEMPORARIES

Numbness of your lip, tongue or palate may persist for several hours. Do not chew gum, eat, drink hot or cold liquids or smoke until the anesthetic has worn off to prevent injury from accidentally biting or burning oneself.

You may experience soreness on the teeth, the surrounding gums, the injection sites or the jaw joint. If these occur, apply moist heat to the affected area and take an analgesic/anti-inflammatory medication, such as ibuprofen or similar product (if medically able to do so).

Avoid sticky or crunchy foods to avoid loosening or fracture. If the bite feels “high” on the temporary restoration, please call the office to have it adjusted. Failure to do so can result in toothache or fracture of the temporary restoration. Avoid any foods that could cause staining: red wine, coffee, berries, soy sauce, beetroot, curry, tomato-based sauces, fruit juices, beetroot, cola, tea, and balsamic vinegar. Drink coffee or wine through a straw if possible.

Gently brush your temporary teeth daily. Be very careful when flossing since this can cause them to become loose. If they happen to become loose or fall out, call our office to have them re-attached. Use the syringe provided to gently rinse away any food in between your temporary teeth. If you have pain or bleeding that won't stop, please call our office for further instruction.

VENEERS, CROWNS, BRIDGES, IMPLANT CROWNS, IMPLANT-SUPPORTED PROSTHESIS

Now that you have your new dental restorations, it is important you ensure their lasting strength and beauty. Proper home care (brushing, flossing, WaterPik, etc) will preserve their original shine as well as maintain the health of your surrounding gum and bone. By avoiding certain foods and habits, you will minimize the threat of breaking or discoloring your new teeth. Regular hygiene maintenance appointments at our office will help us to monitor and make sure your veneers stay in good shape. Call us if you have any questions and we'd be more than happy to answer any questions.

SENSITIVITY. Mild sensitivity is common following the permanent placement of your dental restorations. If your bite feels unbalanced, please call us for a short appointment to have your bite adjusted. The gum surrounding your new teeth, as well as your jaw muscles, may be tender for a few days. Your teeth themselves may be sensitive to cold, hot and chewing. Sensitivity to cold takes longest to resolve, but generally your teeth will feel normal again within a month or two. If sensitivity persists for more than 3 months, please let us know.

CAUTION. Minimize staining influences such as tea, coffee, red wine, colas and tobacco products. Porcelain restorations can be a great improvement over other types of cosmetic dental bonding by the fact that their surface is very resistant to staining. One are of weakness of porcelain veneers, however, is that the veneer is bonded onto your tooth using cement which is capable of picking up stain over time. It is possible that a veneer itself will still have a nice appearance, but at its edges, where the cement holding the veneer in place exists, staining will have occurred, affecting the cosmetic appearance of the tooth. Smoking and chewing tobacco can cause severe discoloration of your teeth and should be avoided. Also, please avoid intensely colored foods and beverages such as berries, tea, coffee, red wine and dark soda, fruit juice; acidic foods and beverages such as citrus fruits, iced teas and sodas.

AVOID. Many oral habits can chip, damage or dislodge dental restorations. You should not use your teeth for anything other than chewing food. Avoid such habits as: (1) Chewing pencils, toothpicks or ice cubes, (2) Biting your nails, (3) Opening bags, containers or bottles with your teeth, (4) and Cutting fishing line or sewing thread with your teeth. If you have layered porcelain, its especially important to be extra careful since they are more fragile.

IMPLANT CROWNS & BRIDGES. Please clean daily with a WaterPik or floss threader. It's also very important to come to your regularly scheduled cleaning so we're able to monitor the health of the dental work.

NIGHTGUARD. Clenching and grinding exerts pressure that can be generated across the teeth that can range from 100 to 600 psi (pounds per square inch). That incredible amount of force can cause many different problems related to your gums, jaw, and teeth. Clenching and grinding when you have multiple porcelain restorations can cause cracks and fractures to your natural teeth. An occlusal guard is an appliance that covers either your teeth and prevents the teeth from coming together while sleeping at night. It also provides a guide for your jaw so that muscles can relax and bite problems will not trigger a bruxing action.