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POST OPERATIVE INSTRUCTIONS FOR COMPLETED COSMETIC TREATMENT

Congratulations! You have finished the final phases of your cosmetic treatment. Thoughtful home care and routine maintenance in our office is paramount to the longevity of your new restorations.

Please remember that, as you can break natural teeth, you can break your new porcelain restorations. Daily wear and tear of eating as well as parafunctional habits, such as opening bags with your teeth, chewing on pens or erasers, etc, can affect the strength and function of your restorations. Please follow the instructions below carefully. These instructions are designed to help maintain the health and beauty of our new smile. Deviation from these instructions can lead to costly remakes.

- ❖ **DO NOT CHEW ICE.**
- ❖ **DO NOT** bite into any foods. All foods must be cut up and chewed carefully by your back teeth.
- ❖ Avoid foods with hard centers, i.e. ribs, corn on the cob. Cut these foods from their centers if you choose to eat them.
- ❖ Raw foods such as apples and carrots must be cut up prior to eating.
- ❖ Avoid hard or chewy candies.

All new restorations take time to get used to and feel like your natural teeth. Introduce foods slowly. Start with softer foods such as eggs, oatmeal, pasta, or mashed potatoes.

Proper oral hygiene is very important for the health of your gum tissue and the longevity of your new porcelain restorations. Cavities can still occur at the demarcation line of the tooth and the restoration. Please brush and floss a minimum of 3 times daily, preferably after meals.

You have been given a night guard to wear while sleeping. Many of us grind or clench our teeth while sleeping. These types of habits will diminish the life of porcelain restorations. Wear this guard on a regular basis to protect your investment and prolong your beautiful smile.

You will be seen in the office for routine maintenance every 3-4 months. At those appointments, your teeth will be cleaned, your restorations will be checked as well as your night guard. We look forward to helping you maintain your beautiful new smile!