

Ann M. Campbell, DMD, FAGD
Laser and Integrative Dental Medicine of Northern Nevada
9492 Double R Blvd, Suite A, Reno, NV 89521
775-853-1999/Fax 775-853-1935

POST OPERATIVE INSTRUCTIONS FOR COSMETIC DENTAL TREATMENT

You have completed the first phase of your cosmetic dental treatment. This was extensive treatment that requires a recovery period. You may feel sore at the sites where local anesthetic was placed. The teeth themselves may feel achy and sensitive to changes in temperature and air. These symptoms may persist until the final phases of treatment are completed. You may be given a prescription to reduce these symptoms.

Your temporary teeth are made of plastic. Though this material is durable, it is more fragile than your permanent porcelain crowns/veneers. Take care in eating. Avoid hard, crunchy, sticky foods and all candies. Avoid hard, chewy breads. Stick to a soft diet. You will need to cut all your food and chew slowly. You **CANNOT** bite into anything.

Good oral hygiene is very important, not only for the durability of the temporaries, but for the health of the gum tissue. Good gum health is imperative when proceeding to the final stages of bonding your porcelain restorations permanently in place.

- ❖ Brush your temporaries as you would your other teeth. Make sure that you are brushing for a minimum of 2 minutes each time. It is important to brush after every meal.
- ❖ You will not be able to floss between your temporaries.. A water pick filled with warm salt water is strongly recommended to clean the margins where the temporaries meet the gum line.
- ❖ Warm salt water rinses are advised a minimum of 5-6 times daily (1 teaspoon of salt to 8 ounces of water). Swish this salt water mixture around in your mouth for a minimum of 1 minute each session. You will find that this is very soothing to the gum tissue.
- ❖ Advil Liqui-gels are very effective in relieving symptoms of discomfort. Take 800mg (4 caplets) every 6-8 hours for at least the first three days. After that time, continue to take the medication on an as needed basis until the final restorations are placed.

If your temporaries break or come loose, call the office immediately. If you have any questions or concerns, please call the office.