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After Care Instructions for Phase 1 of Full Mouth Cosmetic Reconstruction

You have completed the first phase of your cosmetic treatment. Your case is not yet completed. Your bite may feel off until the lower arch is completed.

As you can break your natural teeth with the daily wear and tear of eating, you can also break porcelain restorations the same way. Please follow the instructions listed below. Deviation from these instructions can lead to costly remakes.

- ❖ **DO NOT CHEW ICE**
- ❖ **DO NOT BITE INTO ANY FOODS.** All foods should be cut up and chewed carefully by your back teeth.
- ❖ Avoid foods with bones or 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, carrots, etc. must be cut up prior to eating
- ❖ Avoid candies with hard or chew centers.

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 (three) times daily, preferably after meals.

When your lower arch is completed, our office will be making a protective guard to wear at night. With diligent use, this will prolong the life of your new porcelain restorations. In addition, 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.