



CONNECT

DENTAL CARE

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SMILE MAKEOVER INSTRUCTIONS

HOW LONG WILL I BE NUMB?

Your lips, teeth, cheek and/or tongue may be numb for several hours after the procedure. To avoid injury, you should avoid any chewing and hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue, cheek or lip while you are numb.

IS IT NORMAL FOR MY GUMS OR JAW TO BE SORE?

Irritation to the gum tissue can occur from dental work. Rinsing your mouth 2-3 times per day with 1/2 tsp of warm saltwater can help to alleviate discomfort. Injection site can be sore for several days after your appointment. Over the counter pain medications work well to alleviate the tenderness.

MY BITE FEELS OFF, IS THIS NORMAL?

If your bite feels uneven, please call our office so we can make a quick adjustment to the temporary or final restoration. Do not assume your bite will get better after time. The tooth may become irritated and a toothache may occur, if this is not done. It may also cause an increase in temperature sensitivity with the tooth.

IS IT NORMAL FOR MY TOOTH TO BE SENSITIVE?

It is normal to experience some sensitivity to heat, cold, sweets and pressure after your appointment. It is common for this sensitivity to last several months after treatment. Usually, deeper cavities will be more sensitive. Again, make sure that your bite feels even.

WHAT FOODS SHOULD I AVOID WITH THE TEMPORARY?

Do not eat directly on the temporary as it may fracture. Instead, use a fork and a knife to cut your food into pieces rather than biting directly into food. Avoid eating chewy and sticky foods.

such as gum, taffy, licorice, etc. Avoid foods and drinks that would stain a white shirt such as coffee, tea, red wine, dark soda, tobacco, berries, etc... as they may discolor the temporary.

WHAT SHOULD I DO IF MY TEMPORARY COMES OFF OR CHIPS?

Occasionally, a temporary crown, bridge or veneer may come off or fracture. Call us if this occurs and bring your temporary to the office so that we may re-cement or repair it. If the temporary comes off during off hours or if you are out-of-town, you can purchase re-cementing products from the drug store and attempt to do it yourself by following the instructions. It is important for the temporary to stay in place as it will prevent other teeth from shifting.

CAN I BRUSH & FLOSS AROUND MY TEMPORARY?

You may brush your teeth and temporary crown as usual using soft toothbrush. Floss your temporary crown carefully. *Do not* pull up on the floss as this may dislodge or loosen the temporary. Instead, pull the floss out from the side of the temporary. If a temporary bridge was placed or if your temporary veneers are one piece, use a floss threaded to clean underneath and pull the floss out through the side of the front of the temporary.

IF YOU EXPERIENCE ANY THROBBING OR SHARP PAIN, PLEASE CALL OUR OFFICE