

## Post Operative Instructions Following a Cosmetic Procedure

Congratulations on your new smile! It's important that you remember it will take some time to adjust to the feel of your new bite. Here are some steps you can take to make that adjustment smoother and more comfortable for you, and to ensure the success of your new smile:

- When your bite is altered, or the position of your teeth is changed, it will feel different for a few days. It takes several days for your brain to recognize and adjust to the new conditions in your mouth.
- It's normal for your teeth to be a bit sensitive to heat, cold and pressure. That's because we removed some tooth structure and then placed new materials on your teeth.
- Your gums may also be sore and somewhat swollen for several days. Rinsing three times a day with warm salt water will relieve the pain and swelling. Dissolve one teaspoon of salt in one cup of warm water and gently swish, then spit carefully.
- Mild, over-the-counter pain medication such as ibuprofen or acetaminophen should ease your discomfort during the adjustment period.
- Your speech might be affected slightly for the first few days. This is normal and is not a cause for concern. You will quickly adapt to the new "feel" in your mouth, and be speaking normally.
- Your brain might respond to the new size and shape of your teeth by increasing salivary flow. This should subside to normal flow within a week.
- If you participate in sports, ask us about creating a Custom mouthguard to protect your new smile.
- Remember, any food or substance that can crack, chip, or in any way damage your natural teeth can do the same to your new restorations.
- Avoid or minimize tobacco, red wine, colas, coffee and tea.
- Don't chew on ice, pencils, fingernails, and avoid hard candy, popcorn hulls, and other unusually hard foods.

### **Please be sure to call our office if:**

- Your bite feels uneven.
- Your tooth feels "tight" or you have difficulty flossing around the tooth.
- You have persistent pain.
- You have any questions or concerns about your restored tooth.