

## Instructions for Home Care Following a Cosmetic Procedure

Congratulations on your new smile! It's important to remember that 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, 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 while. It takes several days for your brain to recognize and adjust to the new conditions in your mouth. If you detect any unevenness or problems with your bite, call us to schedule an adjustment.
- It's normal for your teeth to be a bit sensitive to heat, cold and pressure. That's because we removed some tooth structure, then placed new materials on your teeth. The sensitivity should subside after several days; if it doesn't, be sure to call our office.
- 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 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 soon.
- Your brain might respond to the new size and shape of your teeth by increasing salivary flow. This should subside within a week.
- If you participate in sports, ask us about creating a custom mouth guard 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.

If you have any problems or concerns, you're always welcome to contact us.