



## Post-Operative Cosmetic and Reconstruction Instruction

Congratulations on your new smile. We are confident that your new smile is one that will return much in personal satisfaction for many years. Please review these instructions.

**Adjusting to your new look may take time!** • If you have ever had your hair style drastically changed, you may recall the shock as you looked in the mirror for the first time. For many patients, the initial look at their new smile may be shocking if there were significant changes made. The shade, size, bite, length, position of teeth, etc., may have been altered. You WILL look different that you did before, but BETTER!

**You may experience tooth sensitivity.** • This is generally not a problem, but do not be surprised if you are sensitive to hot or cold substances for a few days. We have found that Ibuprofen (Aleve, Advil, etc.) is an excellent analgesic for postoperative tooth discomfort. Tooth sensitivity may be caused by many things: the amount of tooth decay that was removed, thus the proximity to the “nerve” of the tooth; the bonding agent used; certain dental cements used; the amount of root surface exposed; or the number of teeth involved in the procedure.

**It may take time to adjust to your new bite.** • If your bite or “occlusion” has been altered, or the position of your teeth has been changed, it may take awhile for the brain to compensate and learn the new position. Your dentist will meticulously check your bite before you leave, but if you detect any “high” spots or irregularities, please call for an occlusal adjustment.

**Increased salivary flow may occur.** • Your brain may think that the new contours in your mouth are related to food, and respond by increasing salivary flow. This usually diminishes within one week.

**Gum tissue may be sore or puffy.** • Don’t neglect your hygiene even if your gums are sore! If you have an electric toothbrush, continue to use it as before. If you don’t have one, ask your dentist if you should purchase one. You may freely use warm salt water and/or hydrogen peroxide rinses as needed.

**Daily plaque removal is required for your new smile.** • Always use a soft toothbrush and waxed floss. Your doctor or hygienist will schedule regular professional cleanings. Do not skip these appointments! Your dental professional will be able to clean your teeth with the appropriate abrasives for your particular cosmetic work.

**Protect your new teeth.** • Your new dental restorations were manufactured by one of the top dental laboratories using the highest quality dental materials available. You must use your common sense when it comes to eating particular foods or biting hard objects. Generally, anything that will chip, crack, fracture, or break a natural tooth may do the same to your dental restorations.

**You may need a mouthguard/bite splint.** • It is the opinion of your doctors at Bizga Dental, Inc. that in order to best protect your dental work, you should finish your case by being fitted for a custom mouthguard or bite splint, especially if you grind/clench your teeth or are involved in contact sports.

**Your speech may be affected for the first few days.** • Once again, it takes time for your brain to adapt the tongue, cheeks, and teeth into a new system. Reading aloud and signing in a private setting will speed up this process.

**The cement may be slightly soluble for the first few days.** • Avoid colored drinks, mouthwashes, alcohol, and extreme temperatures for approximately one week after the placement of your new restorations. The first 24 hours are the most critical, however, avoiding these things for the first week is strongly recommended.

*If you have further questions that are not addressed here, please feel free to contact one of the dental professionals in this office. We thank you for choosing us for your dental care and we hope you will enjoy “flashing” your beautiful smile for many years to come!*