



Whistler Dental

POST OPERATIVE COSMETIC & RECONSTRUCTION INSTRUCTIONS

Congratulations on your new smile! We are confident that your dental enhancement will provide you with confidence and personal satisfaction for many years to come. The following are important aspects to help care for your new smile:

VISUAL ADJUSTMENT

Adjusting to your new smile may take time. For many patients, the initial look of their new smile may be shocking, especially if there were significant changes made. The shade, size, bite, positioning of the teeth, may have been altered and that may take time to get used to. Whether your procedure was simple or involved, you will look different than you did before. The finished restoration may be contoured slightly different and have a different texture than the original teeth. Your tongue will magnify this small difference, but you will be accustomed to it in a short while.

SENSITIVITY

You may experience tooth sensitivity to hot or cold substances for a few days. Ibuprofen, Advil or Motrin are excellent means to control this sensitivity. Sensitivity can be caused by many things – deepness of the cavity, the bonding agents used, types of dental cements used and the number of teeth involved. During the procedure, we used a desensitizing agent to minimize the sensitivity, however, some generalized sensitivity may occur.

BITE ADJUSTMENT

It may take time to adjust to your new bite. If your bite or occlusion has been altered, it may take time for your body to adapt to the new configuration. We will meticulously adjust your bite to your comfort before you leave, but if you detect any high spots over the next few days, please contact us and we will adjust it to your satisfaction. Similarly, your speech may be slightly altered. Once your body is accustomed to the change, this will diminish.

ORAL HEALTH

Daily plaque removal is necessary for your new smile design. You now have a wonderful new smile and it is important that you keep it looking its best with regular daily home care as well as routine professional cleanings twice a year. Even if your gums are sore at first, keep them clean. You may use rinses as needed to help your gums stay healthy.

PROTECTION

Protect your new teeth. Your dental restorations were manufactured using the highest quality of dental materials available. Please use caution when eating particular foods or biting hard objects. Anything that may chip or crack natural teeth would more than likely do the same to your dentistry. We recommend a mouthguard to help protect these teeth at night, when playing sports or when under stress.