

Post-Operative Instructions

Congratulations on your new and improved smile!

We are thankful for the privilege of providing you with the finest quality restorations available anywhere. Your continuing care and concern can help assure optimum longevity. Please follow these suggestions to protect and maximize the life of your new smile:

- To prevent fracturing of your new restorations, avoid biting into hard things, such as ice, hard candy, popcorn kernels. Do not tear into things like thick bread, raw carrots, apples or pizza crust. Do not bite your fingernails or try to open things (like a bag of chips) with your teeth. The force can crack your restoration or even natural enamel. Drinking coffee, dark colored juices and red wine may discolor margins over time.
- Use toothpaste that contains no abrasives. (Examples of abrasives are baking soda, cinnamon, tartar control and/or have whitening properties.) For over-the-counter toothpaste we recommend regular Colgate, Sensodyne or CariFree paste that you can purchase at our office or online.
- Mouth rinses should be alcohol free. (Examples of alcohol-free rinses are Listerine Zero or Breath Rx. We also carry a Ph balanced fluoride rinse, CariFree Maintenance Rinse which can be purchased online as well.
- If your doctor has recommended an electric toothbrush, continue to use it. If not, use only an extra soft toothbrush. Be sure to brush three times per day, flossing at least once per day before brushing.
- Neutral sodium fluoride is the only home fluoride that you should use. Stannous fluoride and Acidulated Phosphate Fluoride (APF) are not recommended for bonding or porcelain.
- If recommended, wear an appliance at night, it is imperative that you comply to prevent chipping or fracturing your restorations while you sleep. If you lose your appliance, or it is not fitting properly, please call our office.
- If you notice that you are hitting or “bumping” into your restorations when you speak or chew, please call our office immediately.
- Regularly scheduled cleanings and exams are critical to maximize the life of your bonded restorations, as is the proper professional cleaning technique. Potential problems can be prevented or detected at these visits. Our team is trained to provide you with an effective cleaning that will not damage these restorations. If you should move and must change dentists, please request an information and instruction sheet to be certain these techniques are known to their staff.