



Now that you have completed your new restorations, the following is necessary to ensure the best service and longevity from them:

## 1) Daily Home Care

Regardless of the type of your new restorations, you should be able to floss and brush in a normal manner. Use a soft manual tooth brush or electric tooth brush with a minimally abrasive toothpaste. A non-alcohol containing mouthrinse can provide a health benefit to your gums.

## 2) Eating

Your teeth should not interfere with your quality of life. This means your new restorations should not limit your enjoyment of eating a wide variety of foods. However, this does not mean that you should ignore certain "common sense" suggestions for safe eating.

For example: Scraping or pulling meat off a bone or biting raw carrots may not be particularly prudent if your front teeth have been restored. In addition, heavily pigmented foods such as berries have a propensity to stain teeth.

Avoidance or eating these types of foods in moderation may prevent restorations from losing their brilliance. Do not use your teeth for anything other than chewing food.

## 3) Habits

Avoid habits like biting fingernails, pencils, chewing ice, etc., which can damage or dislodge restorations. Trying to open various types of containers, envelopes, etc., with your new teeth can lead to loss of restorations.

## 4) Smoking

Smoking causes staining of your new restorations.

## 5) Sensitivity

Your jaw muscles may be tender for a few days following your last appointment. Also, your gums will need a few days to heal following cementation of your restorations.

Mild sensitivity is common following permanent cementation of your restorations. It will usually decrease after one month. If sensitivity persists longer than 90 days, please notify our office.

- For more information, or if you feel any unusual discomfort, please contact us to discuss.