

Please remember that after cosmetic dental work, it can take time to adjust to the feel of your new bite. When your bite is altered or the position of your teeth changed, it can take several days for your brain to recognize the new position or thickness of your teeth. This is completely normal.

Post-Procedure Tips

- If you detect any high spots or problems with your bite, call our office so we can schedule an appointment to adjust your bite.
- Don't be concerned if your speech is affected for the first few days. You'll quickly adapt and be able to speak normally.
- It's normal to experience some hot and cold sensitivity following a cosmetic procedure. Teeth require time to heal after removal of tooth structure and may be sensitive during this period.
- Soreness in the gum tissue surrounding your tooth is common after certain cosmetic procedures; however, symptoms usually disappear within a few days. Rinsing with warm salt water in the area can help alleviate the soreness and promote faster healing.
- If you were given a local anesthetic, refrain from drinking or eating hot liquids or foods until the numbness wears off to prevent scalding yourself. Also, avoid chewing in the area to prevent accidentally biting your tongue or jaw.

Reasons for Discomfort

- At the site where the local anesthetic was injected, you may have some bruising or swelling that will resolve in a few days—just like a bruise that occurs anywhere else on your body.
- Take an anti-inflammatory such as ibuprofen or naproxen to limit or resolve any initial discomfort. Normally, the pain will disappear within the next few days or weeks. If the pain doesn't subside or becomes severe, give us a call.
- Your jaw might be sore due to keeping your mouth open for an extended period during the procedure. If you experience temporomandibular (TMJ) soreness, avoid opening your mouth extremely wide or chewing on foods that cause discomfort until the issue resolves. An ice pack or warm compress along with an anti-inflammatory such as ibuprofen or naproxen can help.
- You may notice increased salivation. This is because your brain is responding to the new size and shape of your teeth and should return to normal in about a week.

Taking Care of Your New Smile

- Daily brushing and flossing are a must for your new dental work. Daily plaque removal is critical for the long-term success of your newly restored teeth as are regular professional cleaning appointments in our office.
- Any food that can crack, chip, or damage a natural tooth can do the same to your new teeth. *Do not bite into hard foods* such as hard nuts, peanut brittle, ice, apples, frozen candy bars, sticky caramel, or anything else that puts excessive pressure on your teeth.
- ***Never use your teeth as tools!*** Teeth are not meant to open frozen vegetable bags, pull on strings, or hold objects. Also, no biting on fingernails, chewing pencils, or doing anything else that could cause pressure or trauma to your teeth. Breaking cosmetic crowns, veneers, implants, or bonding by doing any of these things will void any replacement warranty by our lab.
- While refraining from coffee, red wine, tea, and berries isn't realistic for most people, these things *will* stain your teeth, as will tobacco. Use a straw as much as possible for liquids, and always brush, floss, and rinse your teeth with a whitening mouthwash as soon as possible after consuming drinks and foods that stain.
- We recommend wearing a custom night guard following cosmetic dental procedures. In some cases, a night guard is included in your treatment. Night guards are critical for preventing nighttime grinding and daytime clenching that can chip or break your new dental work. Our lab can make a custom-designed night guard for you.
- If you participate in sports, we can make a custom athletic mouth guard to wear for protection.

If you have any questions or concerns following your cosmetic dental work, please let us know. We want you to be completely thrilled with your beautiful new smile!