

Homecare— Esthetic Dentistry

Congratulations on your new smile. To ensure long-term satisfaction with your cosmetic dentistry, it's important to follow these recommendations.

Adjusting to your new smile

Don't worry if you notice increased salivary flow or minor changes in your speech for the first few days. It's normal for your mouth to feel different when your teeth or bite is altered. Over the next several days, your brain will recognize the new position or thickness of your teeth as normal, and these problems should subside.

Avoid smoking and all tobacco products because tobacco will stain your teeth an unattractive yellowish brown.

Let us know if you grind your teeth at night or if you engage in sports. We may recommend a nightguard or mouthguard to protect your teeth.



Enjoy your new smile



Avoid tobacco

Chewing and eating

If we used an anesthetic during the procedure, avoid chewing until the numbness has worn off completely.

To protect your new dental work, don't chew ice, pencils, unusually hard foods or candies, fingernails, or other hard objects.

Avoid or minimize foods that can stain your teeth, such as tea, coffee, red wine, and berries.

Brushing and flossing

Brush and floss normally every day to maintain your new smile.

If your teeth are sensitive to hot or cold, use a desensitizing toothpaste. It's normal for your teeth to be a bit sensitive at first, but if sensitivity persists beyond a few days, call us.

Medications and discomfort

To control any discomfort, take mild pain relievers or other medication only as directed.

To reduce any discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water. It's not unusual for the area to be sore for several days.

When to call us

Call our office if your bite feels uneven or you feel any high spots. Also call us if you have sensitivity or discomfort that increases or continues beyond three or four days, or if you have any questions or concerns.