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Comprehensive General Dentistry

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COSMETIC AFTERCARE

After cosmetic materials have been placed (laminates, bondings, composite fillings, touch ups and maintenance appointments), please follow these cautionary procedures:

1. To maintain your restored smile, you can immediately brush vigorously or use an electric brush. Avoid abrasive type tooth pastes with pigments.
2. It is possible to notice speech changes; these changes may be normal and will adjust. There are some adjustments that may need to be done if accommodation does not occur within 2 weeks.
3. Professional cleaning 3 times per year will minimize staining and maximize longevity of the restoration.
4. A custom mouth guard may be required if you clench or grind you teeth. Please notify us if you believe you require a mouth guard if one has not been recommended.
5. Do not chew ice, hard foods, fingernails, frozen chocolate bars, pencils, etc.
6. Do not use your teeth as tools to open wrappers, bottles, pens, nuts or to grasp pins, screws, or paperclips.
7. Avoid dark lip color for 48 hours.
8. Avoid alcohol and dark liquids for 48 hours.
9. Use in moderation: coffee, tea, soy sauce, cherry colas, alcohol, or dark fruit juices, as they will shorten the life of the restorations.

Repairs for chips and/or fractures will be repaired at no charge for the first year. This does not apply to damages from sports activities, auto accidents or lack of compliance with the above instructions.