



everlastingSmile

Cosmetic Aftercare Instructions

After cosmetic materials are placed (laminates, bonding, composite fillings, touch-ups and maintenance appointments), please follow these cautionary procedures:

- 1) Avoid flossing for 2 days. Afterwards, use waxed floss only from the biting edges to the gums... then thread out.
- 2) Avoid alcohol and dark liquids for 48 hours. Afterwards, Immoderate alcohol usage could reduce the life of your restorations. Avoid mouthwashes that contain alcohol or are deeply pigmented (i.e. Listerine. Scope).
- 3) To maintain your restored smile, you can immediately brush or use an electric brush. **DO NOT USE BAKING SODA TOOTHPASTES.** They are the most abrasive toothpastes and may alter the surface texture of the restorations. Use whitening toothpaste such as Crest Dual Action or Super Smile. It is also okay to use fluoridated Colgate. Aim and Aquafresh, but once a day you should use toothpaste designated for cosmetic restorations.
- 4) Lifestyle changes –don't chew ice. Bones, fingernails, frozen chocolate bars, pencils, pens or spare ribs.
- 5) Don't use your teeth as tools to open candy wrappers, bottles, pens, nuts or to grasp pins, screws, paper clips, etc. **DO NOT CHEW GUM.**
- 6) Do not be concerned if you should encounter minor speech alterations (S's, Vs, or F's) In the first 48 hours after major cosmetic changes. Accommodation occurs rapidly.
- 7) If you have a professional cleaning elsewhere, advise the dentist/hygienist to use unflavored. Non-fluoride paste (plain pumice).
- 8) Avoid wearing dark lip colors for 48 hours after placement.
- 9) Avoid biting any hard food with your front teeth. Keep to a minimum any sticky sugary foods that can weaken the bond between the restorations and the tooth.
- 10) Immoderate use of coffee, tea, soy sauces, colas, alcohol, or dark fruit juices will shorten the life of your restorations.
- 11) If you clench or grind your teeth, a custom bite guard could prevent the restorations from fracturing while you sleep.

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