

Warren Family Dental

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COSMETIC AFTERCARE

After cosmetic materials are placed (laminates, bonding, composites 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 gum – then thread it out.
- 2) Avoid alcohol and dark liquids for 48 hours. Afterwards, immoderate alcohol usage could reduce the life of your restorations. Avoid mouthwash that contains alcohol or are deeply pigmented. (Listerine, Scope, Lavoris).
- 3) To maintain your restored smile, you can immediately brush vigorously or use an electric brush, like the Interplak. Baking soda toothpastes and other abrasive toothpastes may alter the surface texture of the restorations. It's OK though to use fluoridated Crest, Colgate, Aim and Aquafresh, but once a day you should use toothpaste designed for cosmetic restorations. (Supersmile or Rembrandt). In foreign countries, use non-fluoride pastes only – foreign fluoride pastes may stain bonding.
- 4) Lifestyle changes – don't chew ice, bones, Fingernails, frozen chocolate bars, Pencils 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.
- 6) Do not be concerned if you should encounter minor speech alterations. (S's, V's or F's) in the first 48 hours after major cosmetic changes. Accommodation occurs rapidly.
- 7) To prevent staining and minimize maintenance it is recommended to see out hygienist 3 times a year for a professional cleaning.
- 8) Avoid wearing dark lip colors for 48 hours.
- 9) If you clench or grind your teeth, a custom bite guard could prevent the restorations from fracturing while you sleep.
- 10) Immoderate use of coffee, tea, soy sauce, cherry colas, alcohol, or dark fruit juices will shorten the life of your restorations.
- 11) Avoid biting any hard foods with your front teeth. Keep to a minimum any sticky, sugary foods that can weaken the bond between the restorations and the tooth.