

**POST-OPERATIVE INSTRUCTIONS AFTER COSMETIC RECONSTRUCTION**

Remember that it will take time to adjust to the feel of your new bite. When the bite is altered, or the position of the teeth is changed, it takes several days for the brain to recognize the new position of your teeth or their thickness as normal. If you continue to detect any high spots or problems with your bite, call us so we can schedule an adjustment appointment. It's normal to experience some hot, cold and pressure sensitivity. Removing tooth structure and placement of new materials may result in a period of adjustment. Your gums may also be sore for several days. Rinse three times a day with warm salt water (a teaspoon of salt in a cup of warm water, rinse-swish and spit) to reduce pain and swelling.

Mild pain medication should ease your discomfort during the adjustment period. Don't be concerned if your speech is affected for the first few days. You'll quickly adapt and be speaking normally. You may notice increased salivary flow, as your brain sometimes responds to the new size and shape of your teeth by increasing salivary flow. This should subside to normal within a week or so. Daily plaque removal is critical for the long-term success of your dental work. Maintain a regular oral hygiene routine. Daily brushing and flossing is a must. Regular cleaning appointments in our office are also critically important.

We'll use the appropriate cleaning abrasives and techniques for your specific cosmetic work. It is important to change habits to protect your new teeth. Any food that could chip, crack, or damage your natural teeth can do the same to your new cosmetic restorations. Avoid sticky candies, any unusually hard foods or substances such as peanut brittle, fingernails, pencils or ice. Avoid or minimize your use of foods that stain, such as tea, coffee, red wine and berries. Smoking will quickly yellow your teeth. Let us know if you grind your teeth at night or engage in sports so we can make you a custom mouth guard. Adjusting to the look and feel of your new smile will take time. If you have any problems or concerns, you're always welcome to contact us at 310.275.1399.