



Cosmetic Dental Reconstruction Home Care Instructions

It is normal to experience some sensitivity to hot and cold temperatures. Your teeth will require time to heal after the removal of tooth structure, and they may feel sensitive during this period. You may also experience some gum soreness for a few days. Warm salt water rinses (a teaspoon of salt in a cup of warm water) three times a day can help reduce pain and swelling. Taking a mild pain medication, like Tylenol or Ibuprofen (Motrin), every 3-4 hours should help ease any residual discomfort.

Don't be concerned if your speech is affected during the first few days; you will quickly adapt and return to speaking normally. You may notice an increase in saliva production, which is a normal response as your brain adjusts to the new size and shape of your teeth. This should return to normal within about a week.

Daily brushing and flossing are essential for maintaining your new dental work. Regular plaque removal is critical for the long-term success of your new teeth, along with routine cleaning appointments.

Avoid any foods that could crack, chip, or damage natural teeth, as they can have the same effect on your new teeth. Be aware that smoking can stain your new teeth, so try to minimize or avoid foods that are likely to cause stains, such as coffee, red wine, tea, and berries.

Please 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 changes, it can take several days for your brain to recognize the new position or thickness of your teeth as normal. If you continue to notice any high spots or problems with your bite, please call our office at (603)-352-0118 so we can schedule an adjustment appointment.

**If you play sports, please let us know so we can provide you with a custom mouthguard. If you grind your teeth at night, make sure to wear the night guard we have provided you. Remember that adjusting to the look and feel of your new smile will take time. If you have any concerns or questions, please don't hesitate to reach out. We are always happy to help!