Homecare–Esthetic

Congratulations on your new smile. It's important that you remember it will take some time to adjust to the feel of your new bite. Here are some steps you can take to make that adjustment comfortable for you, and to ensure the success of your new smile:



Enjoy your new smile

When your bite is altered, or the position of your teeth is changed, it will feel different for a few days. It takes several days for your brain to recognize and adjust to the new conditions in your mouth. If you detect any high spots or problems with your bite, call us to schedule an adjustment.

It's normal for your teeth to be a bit sensitive to heat, cold, and pressure. That's because we removed some tooth structure, then placed new materials on your teeth. The sensitivity should subside after several days. If it doesn't, be sure to call our office.



Some discomfort is normal



Avoid tobacco products

Your gums may also be sore and somewhat swollen for several days. Rinsing three times a day with warm salt water will relieve the pain and swelling. Dissolve one teaspoon of salt in one cup of warm water, gently swish, and then spit carefully.

Mild, over-the-counter pain medication should ease your discomfort during the adjustment period.

Your speech might be affected slightly for the first few days. This is normal, and is not a cause for concern. You will quickly adapt to the new feel in your mouth and be speaking normally.

Your brain might respond to the new size and shape of your teeth by increasing salivary flow. This should subside to normal flow within a week.

If you participate in sports, ask us about creating a custom mouthguard to protect your new smile.

Remember, any food or substance that can crack, chip, or in any way damage your natural teeth can do the same to your new restorations. Avoid sticky candies and hard substances like popcorn hulls, peanut brittle, fingernails, pencils or ice.

Tobacco products, whether smoked or chewed, will quickly stain your teeth an unattractive yellowish brown.

Red wine, cola, berries, coffee, and tea can stain your teeth as well as your new restorations, so brush or rinse after consuming them.

Daily plaque removal is critical for the long-term success of your new restorations, so brush and floss daily and see us on a regular basis for professional cleanings. We'll use the appropriate cleaning abrasives and techniques for your specific esthetic work.

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