

Protecting Your New Smile

Congratulations on your new and improved smile! It is quite normal to experience a short period of adjustment to the look and feel of your new smile. After a short time, you will be feeling back to normal. Please call us if you have any questions or concerns—we cannot address them if we do not know about them, and nothing is too small to at least discuss!

To help assure optimal longevity of your new smile, it is imperative to establish an effective continuing care program both at home and through regular check-ups and hygiene appointments.

Please follow these suggestions to maximize the longevity of your smile:

1. To prevent fracturing your new restoration(s), do not chew or bite into anything substantially hard, such as ice, popcorn kernels, hard candies, or ribs. Do not bite your fingernails, crack open nuts, or try to open packages or other things with your teeth. This force can possibly crack a restoration or even your natural teeth.
2. Only use a Canadian Dental Association approved, fluoridated toothpaste such as Crest Complete, Colgate Total, or Colgate Pro-Relief for sensitive teeth (look for the Canadian Dental Association's seal). Only use a soft or extra soft toothbrush or electric brush at least two times a day. Floss at least once a day before brushing. If manual flossing is too difficult, for example if you have many crowns or bridges, poor mobility, or very tight teeth, consider purchasing and using a water flosser.
3. Neutral sodium fluoride is the only home fluoride you should use. Stannous fluoride and acidulated phosphate fluoride (APF) are not recommended for composite or porcelain restorations.
4. You should have a custom nightguard/splint made. This reduces the likelihood of fracturing restorations while you sleep, especially if you grind or clench your teeth.
5. If you play contact sports, it is imperative that you wear a sports guard to protect your new restoration(s) as well as your existing teeth.
6. Do not pick at your restoration(s). You could pull open a small extension and shorten its longevity. If you feel an edge, please call for an adjustment appointment to have the edge properly polished.
7. Avoid or keep to a minimum sugary foods or drinks as they can damage or weaken the bond to the tooth, and, of course, increase your chance of developing cavities.
8. To prevent staining, try to avoid (or keep to a minimum) coffee, tea, tobacco, curry, dark soft drinks, grape juice, dark berries, molasses, and red wine.
9. Regularly scheduled cleanings and exams at least twice a year are critical to maximize the life of your restorations, as is the proper cleaning technique at home. Our staff is trained to provide you with effective cleaning that will not damage these restorations. Moreover, problems can be prevented, or detected at an early stage, with regular exams by your dentist to maximize the life of your new smile.

Again, please feel free to contact us if you have any questions or concerns!
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