

Long Family Dental

AFTER CARE INSTRUCTIONS FOR: COSMETIC RECONSTRUCTION

When an anesthetic has been used, your lips and tongue may be numb for several hours after the appointment. Avoid any chewing and hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue or lip while you are numb.

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 our office so we can schedule an adjustment appointment.

It is normal to experience some hot and cold sensitivity. The teeth require some time to heal after removal of tooth structure and will be sensitive in the interim. Your gums may also be sore for a few days. Warm salt water rinses (a teaspoon of salt in a cup of warm water) three times a day will reduce pain and swelling. A mild pain medication (Tylenol or Ibuprofen (Motrin) every 4 – 6 hours) should ease any residual discomfort. If taking prescription pain medication, consult with Dr. Long before taking over the counter pain medication in conjunction.

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 an increase in salivary flow. Your body may respond to the new size and shape of your teeth by increasing salivary flow. This should subside to normal within a week or so.

Daily brushing and flossing is a must for your new dental work. Daily plaque removal is critical for the long-term success of your new teeth, as are regular cleaning appointments.

Any food that can crack, chip or damage a natural tooth can do the same to your new teeth. Avoid hard foods and sticky candies. Smoking will stain your new teeth. Minimize or avoid your use of foods that stain such as coffee, red wine, tea and berries.

If you grind your teeth at night, wear the night guard we have provided for you. Adjusting to the look and feel of your new smile will take time. If you have any problems or concerns, please let us know. We always welcome your questions.