

Smile Design and Full Mouth Rehabilitation Post Op Instructions

Congratulations! You have completed the first phase of your treatment towards a new stunning, functional smile! A few things to remember:

Your temporaries will not feel like your final restorations, which will be smoother and have much more vitality. You will experience some discomfort due to the trauma of your preparation appointment. It is normal to have sensitivity towards temperature and chewing until several weeks after your permanent restorations are placed. If the sensitivity is a throbbing sensation or keeping you up at night, please call the office for further instructions. Each patient will vary with the sensitivity they experience depending on the extent of his/her decay, fractures, and older restorations that have been removed.

- Take 800mg of ibuprofen (Advil/Motrin) every 6 hours as needed – not to exceed 3200mg in a 24 hour period. (Or a prescription if recommended by the doctor.) If your sensitivity cannot be managed with ibuprofen, please call.
- Very gently brush and rinse your temporaries,(If you had tissue contouring done, you will want to wait one day or so before you brush that area. In addition, warm your toothbrush with hot water to soften bristles when you do brush.) Use a WaterFloss machine as instructed to keep your gum tissues healthy. You will also be given a rubber tip stimulator. Massage the gums with the rubber tip twice a day for the best results.
- If your bite feels “high” after the anesthetic wears off, please call for an adjustment. If the bite doesn’t feel right it can bruise the ligament around the tooth and may cause it to become extremely sensitive.

We are here to give you a great result. If you have any questions, please feel free to give us a call with any concerns you are experiencing.