



## CARE INSTRUCTIONS: FINAL VENEERS AND CROWNS

Congratulations! You have completed the second phase of your treatment. Today your new porcelain restorations have been placed, and you have a beautiful new smile!

**What to expect in the short term:** You may have some discomfort for the next few days. Your gums will be sore and your teeth may be temperature sensitive. This sensitivity is normal and should subside in a few days. Each patient will vary with the sensitivity they experience. We have found that this initial discomfort is easily relieved in most cases by taking 600 mg of ibuprofen every 6 hours as needed—not to exceed 3200 mg in a 24-hour period. If your sensitivity cannot be managed with ibuprofen, please call the doctor. It's also normal for the bite to feel strange in the short term. We will plan to make final adjustments and fine tune things at your follow-up visit.

**What to expect in the long term:** It is extremely important to keep your teeth and gums healthy. You must adhere to your recommended schedule of professional hygiene visits and have regular dental examinations by your doctor. Porcelain veneers and/or crowns do not stop you from decaying or having health issues with your gums. Please continue to use the CloSYS®.

Rinse that the doctor has prescribed for you.

You will want to maintain your veneers just as they were your normal teeth. You can brush and floss as usual. Take care of your investment! They are beautiful, and you want them to last a really long time!

### **Don't:**

- Open anything using your teeth
- Chew ice
- See another dental hygienist or doctor without consulting your doctor

### **Do:**

- Be cautious with your teeth. Even natural teeth can break when abused.
- Enjoy your new smile! Show them off! They look great!

Please do not hesitate to call Dr. Harris at (801) 709-4113.