



## CARE INSTRUCTIONS: TEMPORARY VENEERS AND CROWNS

Although your temporary veneers are designed to be a model for your permanent veneers, they will not feel like your final restorations, which will be smoother and more lifelike in appearance. Your teeth may be sensitive to temperature and chewing with your temporary veneers, but this will subside after your final restorations are placed. Some patients experience a sensation of contraction and tightness with cold/hot food or beverages. This is normal; you will not experience this with your permanent restorations. Avoid eating hard foods or anything very chewy.

You will have some discomfort after your preparation appointment. 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 extremely important to keep your gums as healthy as possible between your preparation and cementation appointments. The following regimen is essential and will allow us to place your veneers successfully at your next appointment:

- You will be given hydrogen peroxide syringes (which are refillable) to be used at the gum line of your provisionals 2 times daily until your next appointment.
- Please use the CloSYS® rinse you have been given 3–4 times a day.
- Brush your teeth like normal 2–3 times per day.
- If you have been given a retainer to wear at night, wear it nightly.
- Use your Waterpik® with TheraSol® twice per day (8:1 mix, or one capful per 200ml) on the lowest setting only.
- Bride threaders are provided to floss between your provisionals. Floss twice a day until your next appointment.
- If your bite feels “high” after the anesthetic wears off, please call for an adjustment. With time, a high temporary will bruise the ligament around the tooth and may cause it to become extremely sensitive. It can also loosen your provisional veneers.

Please do not hesitate to call Dr. Harris with any questions.

**Dr. Harris** cell: (801) 709-4113