

# Home Care Instructions Following Initial Phase Of Smile Reconstruction

Congratulations! You have completed the first phase of your treatment toward a beautiful new smile. A few things to remember:

- Although your provisionals are designed to be a model for your definitive restorations, 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 provisionals, 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 600mg 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 your doctor.
- It's extremely important to keep your gums as healthy as possible between your preparation and cementation appointments. **The following regiment is essential:**
  - You may be given hydrogen peroxide syringes (which are refillable) and should be used at the gum line of your provisionals 3 to 4 times daily until your next appointment.
  - If you had laser gum therapy performed, use the rubber tip stimulator very gentle under the gums 2 to 3 times per day for the first week.
  - Bridge threaders are provided to use 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.
- Do not hesitate to call our office with any questions.