

# Homecare Esthetics

## Homecare recommendations

Congratulations on your new smile. It is important to follow these steps to help speed healing.

- ❖ If we used anesthesia, wait at least two hours before eating.
- ❖ When you feel comfortable enough to eat, but you still have numbness, be careful not to bite your cheeks or tongue.
- ❖ To control discomfort, take pain medication before the anesthetic has worn off, or as recommended. It is normal to experience some discomfort after a procedure.
- ❖ Once the anesthesia has worn off, pay attention to your bite. A high bite can cause discomfort. If you experience this, please call us so we can make any appropriate adjustments.
- ❖ If your gums are sensitive, gently rinsing with warm salt water three times a day can help soothe them. Use about a teaspoon of salt in a glass of warm water.



*Carefully read directions*



*Eat foods that won't harm your new teeth*



*A new, beautiful smile*

Do not be concerned if your speech is affected for a few days. You will quickly adapt and soon be speaking normally. It is also common to have an increased salivary flow during this adjustment period. This will soon subside.

## Dental care

It is important to take good care of your new teeth.

- ❖ As with natural teeth, avoid hard or sticky foods that could crack or chip your teeth. Do not chew on pencils, ice, or fingernails.
- ❖ Tea, coffee, red wine and berries can stain your teeth.
- ❖ Avoid tobacco products because they will quickly turn your new teeth yellow.
- ❖ Good oral hygiene is essential. Brush at least twice a day and floss at least once a day. Some kinds of toothpaste can be quite abrasive. Please ask us for a recommendation.
- ❖ Keep your regular hygiene appointments. That will help you maintain the best oral health and maximize the success of your new teeth.

Call us any time you have questions or concerns. We will be happy to discuss them with you.