



Grove City family dentistry

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Post operative instructions: Cosmetic reconstruction

It is normal to experience some hot, cold and pressure sensitivity. Your mouth just needs time to adjust to the removal of original tooth structure and the placement of new materials. Your gums may also be sore for several days. If pain and swelling persist, you can rinse with warm salt water (a teaspoon of salt in a cup of warm water, swish in the mouth and then spit it out) up to three times a day. The most important thing to do is to address any pain you might feel and allow your body time to adapt to the changes.

Mild pain medication can be taken if there is any discomfort during the healing process. In addition, it is normal for your speech to be mildly affected by the new materials in your mouth. This will only last a couple of days as your mouth adjusts. It is critical to maintain your normal dental routine which should include brushing and flossing at least once a day. Routine dental checkups are also recommended to maintain proper oral hygiene.

Any foods or liquids that could damage natural teeth present the same potential hazards to cosmetic restorations. In other words, it is recommended to avoid substances that might stain, such as tea, coffee, red wine and berries. Smoking will also alter the appearance of a restoration by yellowing it. Try to avoid biting directly onto any hard substances such as ice to avoid any cracking or breaking.