

Post-Operative Instructions for Cosmetic or Esthetic Reconstruction Preparation Appointment

As a sincere “THANK YOU” we have put together a customized “Take Home Care Kit” gift for you. The items in the bag are designed especially to help you get back to, and maintain, your optimal esthetic oral health. We want you to “show off” your new smile as soon as possible. The gift bag includes the following items with detailed instructions on their usage. Enjoy.

Patient “Touring Tote” Bag
Oral-B Vitality Sensitive Clean Electric Toothbrush
Oxyfresh Mint Zinc Rinse
Oxyfresh Dental Tissue Gel
Crest Pro-Health Cool Mint Mouth Rinse
Crest Sensitivity Maximum Strength Toothpaste
Waterpik Personal Irrigator
Natural Ice Mentholatum Lip Balm with SPF 15
10 (800 mg) Ibuprophen Tablets
Listerine Pocket Packs
“Bistro Mug” to take home, with drink packets
Temporary nightguard, if necessary

After your preparation appointment it is important to review these instructions to ensure proper care and healing for you Esthetic Provisional restorations. We recommend the following steps to minimize any potential discomfort you may experience:

Administer the Ibuprophen (up to 800 mg every 6 hours as needed for the first 24 hours). We have enclosed 10 tablets for your usage. Remember—“it’s much easier to stay ahead of the pain, then to chase it!” So, staying on a 6 hour dosing regimen, even if you are feeling fine.

After the first 24 hours you may start taking 400-600mg of Ibuprophen every 6 hours.

You will want to start using the Waterpik Personal Irrigator after the first 24 hours. Before each brushing place a capful of the Oxyfresh Mint Zinc Rinse in the Waterpik reservoir and add about the bottom third of the reservoir with warm water. Turn the Waterpik on its lowest pressure setting and gently aim the solution at an angle to the provisionals, teeth, and gums. If it is too sensitive in a particular move the next area and retry at the next brushing.

You will want to do this during the duration of your provisionalization. Brush at least twice a day starting the day after the procedure. *NOTE: If you are currently using a Sonicare or Oral-B Sonic Complete toothbrush, please do not use them during the provisionalization phase of your treatment. Please use the enclosed Oral-B electric toothbrush instead.* Before brushing place you new electric toothbrush (Oral-B Vitality Sensitive Clean) under warm running water

to soften the bristles. Apply the Crest Sensitivity Maximum Strength Toothpaste and gently let the toothbrush do the work over 2 minutes.

Remember to use a very light pressure.

After the first couple of days after laser recontouring and retraction of the gum tissues you may see a thin white line. This will be seen where the provisional(s) and the gum meet. It may look like something (e.g. bread or food product) is stuck in that area. **DO NOT BRUSH THAT OFF.** It is the body healing itself. Apply the Oxyfresh Dental Tissue Gel a minimum of 4 times daily and after every brushing for a minimum total of 6 times daily for 1 week.

Use the Oxyfresh Mint Zinc Rinse twice daily, in addition to the capful in the Waterpik. Use the rinse after breakfast and before bedtime. Rinse/swish for a full 30 seconds. That may seem like a long time, but it is necessary to ensure quick and complete healing of the gum tissues. This rinse will help reduce redness and inflammation and help control any possible residual bleeding. **DO**

NOT EAT OR DRINK for 30 minutes after rinsing.

Your lips may be a little chapped, irritated, or sore from stretching them during the procedure. So, keep the Natural Ice Mentholatum Lip Balm with SPF 15 applied 4-6 times daily for at least the first week.

Drink warm (NOT too hot) fluids (coffee, tea, cocoa, water, or apple cider) for tissue comfort during the first 72 hours with your Bistro Mug. This will help soothe any areas that are tender and also will help you to relax after your appointment. We have included some drink packets for your convenience.

Your provisional restorations absorb fluids and may also stain with certain foods you may eat. The provisionals may also have an odor after awhile, do to minor leakage. We have included some Listerine Pocket Packs to help control the odor. After 72 hours you may start to use the Crest Pro-Heath Cool Mint Mouth Rinse to help with any bad tastes you may experience.

Your provisionals are made of acrylic. Acrylic shrinks and contracts. I tell female patients, if you have ever had your nails done, they are made out of the same material. You may hear some popping sounds while drinking hot or cold beverages. This is normal. While drinking something hot your temporaries may feel “loose”. While drinking something cold they may feel “tight”. We recommend drinking fluids at room temperature.

Avoid foods that are hard and sticky, as they may break or pull off your temporaries. Avoid biting into foods that are hard or crunchy. I tell patients to not bite into anything with their provisionals. Cut everything up and chew on your back teeth. Eat soft foods such (e.g. baked chicken, fish, pasta, mashed potatoes, cooked vegetable, eggs, oatmeal, yogurt, bananas, etc.).

Please avoid any foods that may be highly acidic. Hot sauce, BBQ sauce, Ketchup, Orange Juice, Grapefruit Juice, Jalapeno Peppers may burn or irritate the tissue area(s).

A temporary nightguard may be prescribed for you to protect your provisionals during the night.

If you should lose or break a provisional, do not panic. Call the office and bring the piece that broke with you to the appointment. Do not throw the piece away. It usually can be recemented without any problems.

I will be checking in on you the evening of your preparation appointment. If you have any questions or concerns sooner than that, please don't hesitate to call our office at (559) 434-1088.

Thank you for the privilege to assist you in achieving your oral health goals.

**Sincerely,
Dr. Anderson and Staff**