

Patient Instructions: Caring for Your New Teeth

It is important that you protect the lasting strength and beauty of your new teeth. Proper homecare will preserve their original shine as well as maintain the health of your surrounding gum and bone. By avoiding certain foods and habits, you will minimize the threat of breaking or discolouring your new teeth.

The Best Care

Daily brushing and flossing are necessary to maintain the health of your teeth and dental work. Use a soft toothbrush with an appropriate toothpaste. Many types of toothpaste, including all "whitening" toothpastes, are too abrasive and will take the shine off your restorations. We will suggest a toothpaste with a low abrasive index and preferably with fluoride to keep your natural teeth strong.

The use of an appropriate mouth rinse is an effective way to promote your dental health. It should be non-acidic and contain fluoride and xylitol. Avoid using mouth rinses that contain alcohol as these tend to burn your tissue and break down the cement that keeps your dental restorations in place.

The Best Diet

Your dental restorations should look and feel like a natural part of your mouth. You will be able to enjoy a wide variety of foods with your new teeth. Having said that, there are certain foods and eating habits that are prudent to enjoy in moderation or avoid altogether.

To decrease the risk of chipping or debonding a dental restoration, try to avoid:

- Using your teeth against hard objects such as to scrape or pull meat off a bone or biting your fingernails
- Biting into raw carrots or other very hard foods
- Chewing toffee or other dense, sticky foods

To decrease the risk of staining or dulling your restorations, try to enjoy the following in moderation:

- Intensely coloured foods and beverages such as berries, tea, coffee, red wine and dark soda or fruit juice
- Acidic foods and beverages such as citrus fruits, iced teas and sodas
- Smoking and chewing tobacco can cause severe discoloration of your teeth and should be avoided.
- Alcoholic beverages will hasten the demise of bonded restorations and should be enjoyed in moderation.

Bad Habits

Many oral habits can damage or dislodge dental restorations. You should not use your teeth for anything other than chewing food. Avoid such habits as:

- Chewing pencils, toothpicks or ice cubes
- Biting your nails
- Opening bags, containers or bottles with your teeth
- Cutting fishing line or sewing thread with your teeth

After the Insert you may experience

The gum surrounding your new teeth, as well as your jaw muscles, may be tender for a few days. Your teeth themselves may be sensitive to cold, hot and chewing. Sensitivity to cold takes longest to resolve, but generally your teeth will feel normal again within a month. If sensitivity persists for more than 3 months you should discuss this with your Dentist and further treatments may be necessary