

## **POST OPERATION INSTRUCTIONS**

### **Bonding and Veneers**

Listed below are simple guidelines designed to promote healing, prevent complications, and ensure comfort after your dental treatment is completed.

**During the first 24 hours, please avoid chewing hard and/or sticky foods.**

#### **Staying Comfortable**

Our goal is to eliminate post-treatment sensitivity, although you may experience sensitivity to hot and cold. In most cases, this sensitivity will go away in a few days. You can reduce tooth sensitivity by taking 1-2 ibuprofen tablets every 4 hours, or as directed. Gum sensitivity can be reduced by rinsing with a warm salt water solution (1 teaspoon of salt in 4 ounces of warm water) three times a day.

#### **Maintaining Your Bonding or Veneers**

Meticulous oral hygiene will increase the longevity of your restoration. Continue your normal brushing with a soft toothbrush 2-3 times a day and flossing 1 time each day. Avoid toothpastes that are abrasive such as tartar control and baking soda type pastes. It is also important to avoid mouthwashes that contain alcohol or fluoride. Please do not bite your fingernails, open containers with your teeth, or chew ice cubes. When having your teeth professionally cleaned, ask your hygienist to avoid polishing pastes that contain pumice.

**Please don't hesitate to call us if you have any questions or concerns. We value your feedback so that we may better serve you. In case of an emergency, we are available after hours.**