
INSTRUCTIONS FOLLOWING YOUR SMILE MAKEOVER APPOINTMENT

The following information is to assist you after the time you spent with us today.

- ❑ **Your mouth will be numb for some hours** and it is important to take care not to bite your lips or cheeks and to avoid very cold or hot drinks or foods until the numbness has worn off.
- ❑ Please be aware the provisional (temporary resin) crowns/veneers/bridges are designed to protect the tooth or teeth until the time of insertion of the finished teeth.
- ❑ **Often these provisional teeth are bonded together** and sometimes it may be necessary to use a product called “Super Floss” to clean between the teeth or under bridge. This is only needed to be done if your Dentist has instructed and shown you to do so.
- ❑ **Flossing should be avoided for the first 48 hours** and when this floss is used it should be carried out carefully to avoid dislodging the provisional teeth as they are held in place by a ‘temporary cement’ material.
- ❑ **Avoid Foods which are sticky or very hard** (like apples) for the entire time that the provisional teeth are in place. It also wise to avoid foods with colouring (e.g. Curries) as the temporary resin material can discolour.
- ❑ It is very important to use the supplied **Curasept Mouth Rinse twice daily** using 1 cap full (approximately 10mls), and swirling this around in your mouth for as long as possible (30-60 seconds) and then spitting out. *This mouth rinse assists in maintaining good oral hygiene during this time and it promotes gum healing.*
- ❑ **It is advisable to take analgesics as the numbness starts to wear off** and then every four to six hours until bedtime. (Depending on your medical health, Nurofen, Paracetamol, or Panadeine 15 are recommended). Please follow the instructions when using any medication, (ie. No more than 8 tablets to be taken in a 24 hour period).
- ❑ Shapes, positions, and shades of teeth will be discussed at your review appointment in the next 48 hours. **It will take the following 3 days for your gums and lips to relax from the effects of the injections** and until this stage they will have an effect on the appearance of your smile.
- ❑ Your Review Appointment is scheduled for: _____