

Your New Temporary Smile

Today, we have prepared your teeth for porcelain veneers. We hope that you are as excited as we are. This process can be very emotional, and what you are feeling is normal. Change can be stressful, so take it easy these next three weeks. And be assured that the end result will be a gorgeous smile.

Veneers are the “state of the art” in cosmetic dentistry and will provide you with many years of beautiful smiles. You have made an excellent decision. Many of our patients have experienced life changing breakthroughs as a result of their new smile.

Your temporary smile is exactly that...temporary. The teeth may feel rough or become slightly discolored. Avoid dark pigmented foods and drinks such as red wine, blueberries, curry, etc. Although we have made your temporaries as beautiful as possible, they are not an indication of what your final porcelain veneers will look like. The length will be similar, but the final shape and color will differ. The ceramist has a greater control of the final shape due to the strength of the porcelain material.

During the next few weeks of wearing your temporary smile, you may notice some sensitivity. This is normal and due to the fact that the teeth are alive. They have a nerve and blood supply which allows them to respond to changes in temperature. When dental work is performed on a tooth, the tooth may respond with an “achy” feeling for the first 24 hours after dental work. This achy feeling is temporary and usually disappears after 24-48 hours. Typically, when numerous teeth are prepared, the patient will experience mild sensitivity during the temporary stage that completely resolves once the porcelain veneers are bonded to the teeth. Only a very small percentage of teeth may require root canal therapy if symptoms do not subside. If this does occur, the integrity of the tooth remains solid and healthy and the veneer does not need replacement. Here is a list of the symptoms that you may experience with your prepared teeth and suggestions of how to alleviate the symptoms:

Sensitivity to cold:

This is normal and will subside once your permanent veneers are placed. Avoid drinking very cold liquids.

Chewing sensitivity:

The plastic temporaries are linked together for strength and are not completely bonded to the teeth, which can cause some flexing of the temporaries while eating. This may cause some sensitivity, but is normal. When the porcelain veneers are bonded into place, the teeth will be properly sealed. The porcelain veneers will not be linked; they will be individual teeth allowing you to floss around each one. We recommend a soft diet until your porcelain veneers are placed in three weeks. The temporaries are plastic and can break. If you do experience a break in one of your temporaries, call our office immediately so that we can repair or replace your temporary. If you cannot come into the office right away, try to place the temporary back on the tooth. They fit like a puzzle piece. Sometimes, you can place a little *Vaseline* on the broken portion and it will bond in temporarily until we are able to fix it.

If you continue to experience tenderness localized to one tooth while chewing, we may need to adjust the temporary bite. The temporary may be “high” and needs to be reduced in order for the tooth to calm down. Call the office and we can schedule you to come in for an adjustment.

Gum tenderness:

If you had laser gum treatment during this first appointment, you may experience gum tenderness. The gum tissue is healing from the laser treatment. To aid the gums in healing, rinse twice daily with the mouth wash we recommended. Brush gently and thoroughly. Also use the small syringe with the removable yellow cotton tip to gently scrub the gum line while squirting the mouth rinse. This will help the gums to heal. You can also use the rubber tip instrument to massage the gum tissue during the next three weeks. Be gentle.

Advil, Motrin, or Ibuprofen work the best for tooth or gum pain. You may take up to 800 mg every 6 hours. Consult with your pharmacist or doctor if you are taking other medications that might interact with ibuprofen. If you cannot take these, *Tylenol* is also effective. Call the office if you are still in pain.

Cleaning your Temporaries:

Go ahead and brush your temporaries similar to your teeth. As mentioned above, the temporaries may be bonded and difficult to

floss. In most cases you can use a floss threader to floss underneath the temporaries. The best way to clean around these temporaries is to use a *Waterpik*. There are portable versions available that work great. We also recommend using a gum stimulating device, either a rubber tip instrument or yellow tip syringe that you can preload with chlorhexidine or any other mouth rinse. Our goal is for you to thoroughly clean the temporaries at home. This will make the next appointment much easier. When the gums are puffy and inflamed they can bleed. This may interfere with the bonding process. **If there is a lot of puffiness we may need to reschedule your final appointment until the gums heal. This will delay your new smile to be delivered so please take special care of your teeth and gums.**

Hang in there; you have been through a lot. We are confident that you will love your new veneers. It will be worth it in the end. As always, our goal is to provide the highest quality dentistry available, and at the same time take extra special care of you. We realize that you have chosen us to take care of your dentistry needs, and we take this very seriously. If there is anything that we can do to make your dental treatment more comfortable or enjoyable, please let us know.

We are looking forward to seeing you again to fit your new veneers!