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# Cosmetic Dental Procedures – Pre-Op and Post-Op Instructions

## For Patients Undergoing Cosmetic Procedures

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### Pre-Operative Instructions (Crowns and Veneers)

Please follow these instructions prior to your crown or veneer procedure:

- 1. Medical History Update**
  - Inform us of any changes in your medical history, medications, or allergies.
  - Take all regular medications unless directed otherwise.
- 2. Antibiotics (if prescribed)**
  - If you've been advised to take antibiotics prior to dental treatment (e.g., due to a heart condition or joint replacement), take them as prescribed.
- 3. Eat Normally (Unless Sedated)**
  - Eat a light meal before your appointment.
- 4. Oral Hygiene**
  - Brush and floss your teeth thoroughly before your appointment to reduce bacteria in the mouth.
- 5. Bring a List of Questions**
  - Feel free to ask about the procedure, or any concerns you may have.

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### Post-Operative Instructions: (Temporary Phase)

After preparation, a **temporary crown or veneer** will be placed until the final restoration is ready.

- 1. Sensitivity**
  - You may experience sensitivity to hot, cold, or pressure. This is normal and should subside after the final crown or veneer is placed.
- 2. Care for Temporaries**
  - Avoid sticky, chewy, or hard foods (e.g., gum, caramel, nuts).
  - Brush gently and floss carefully. Slide floss out rather than lifting up to avoid dislodging the temporary.
  - If the temporary comes off, contact us to have it re-cemented.

### 3. **Discomfort or Gum Soreness**

- Some soreness is expected around the gum line. Rinsing with warm salt water can help (1 tsp salt in 8 oz water).

### 4. **Avoid Whitening Products**

- Do not use whitening toothpaste or products, as they can affect the color match of the final restoration.
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## **Post-Operative Instructions: Final Crown or Veneer Placement**

Once your permanent crown or veneer is cemented:

### 1. **Numbness**

- Your lips and tongue may be numb for a few hours. Avoid eating or drinking hot beverages until the numbness wears off.

### 2. **Bite Adjustment**

- If your bite feels uneven or uncomfortable after the numbness subsides, please call us. A minor adjustment can make a big difference.

### 3. **Oral Hygiene**

- Brush and floss normally. Crowns and veneers require the same care as natural teeth.
- Floss daily around the restoration to prevent gum disease and decay at the margins.

### 4. **Sensitivity**

Mild sensitivity to temperature is normal and should decrease over time. If it persists or worsens, contact us.

### 5. **Avoid Excessive Forces**

- Don't use your teeth to open packages or bite very hard objects.
- If you grind or clench your teeth, a nightguard may be recommended.

### 6. **Longevity**

- With good oral hygiene and regular dental check-ups, your crowns or veneers can last many years.
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## **Call Us If You Experience:**

- Persistent pain or swelling
- A loose or dislodged crown/veneer
- Bite issues or difficulty chewing
- Sensitivity that lasts more than a few weeks