

# Manhasset Dental, P.C.

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## Cosmetic Aftercare

**After cosmetic materials are placed (laminates, bonding, composite fillings, touch-ups and maintenance appointments), please follow these cautionary procedures:**

- Avoid flossing for 2 (two) days. Afterwards, use waxed floss only from the biting edges to the gum then thread it out.
- Avoid alcohol and dark liquids for 48 (forty-eight) hours. Please note that alcohol usage can reduce the life of your restorations. (Please note some mouthwashes contain alcohol or are deeply pigmented i.e. *Listerine, Scope, and Lavoris...*)
- Avoid wearing dark lip color for 48 (forty-eight) hours.
- To prevent staining and minimize maintenance it is recommended to visit us **3 (three)** times a year for a professional cleaning.
- Do not be concerned if you should encounter minor speech alterations (S's, F's or V's) the first 2 (two) days after major cosmetic changes. Accommodation occurs rapidly.
- To maintain your restored smile, you can immediately brush with a handheld electric brush. Whitening toothpastes and other abrasive toothpastes may alter the surface texture of the restorations. It's recommended you use fluoridated toothpaste (*Crest, Colgate, Aim or Aquafresh*). In foreign countries, use non-fluoride pastes only because foreign fluoride paste may stain bonding.
- Avoid biting any hard foods with your teeth. Keep to minimum any sticky, sugary foods that may weaken the bond between the restorations and the tooth.
- Lifestyle changes: don't chew ice, bones, fingernails, cuticles, frozen ice bars, pencils, pens or spare ribs or the shells of shellfish.
- If you clinch or grind your teeth, a custom bite guard could prevent the restorations from fracturing while you sleep.
- Immediate or excessive use of coffee, tea, soy sauce, cherry colas, alcohol, or dark fruit juices will shorten the life of your restorations.
- Do not use your teeth as a tool to open candy wrappers, bottles, pens, nuts or to grasp pins screws, paperclips, etc.