



Temporary Veneers - Post Operative Instructions

Congratulations! You have completed the first phase of your treatment towards a beautiful new smile. A few things to remember:

Although your provisionals are designed to be a model for your definitive restorations, they will not feel like your final restorations, which will be smoother and more lifelike in appearance. Your teeth may be sensitive to temperature and chewing with your provisionals, but this will subside after your final restorations are placed. Some patients experience a sensation of contraction and tightness with cold/hot food or beverages. This is normal; you will not experience this with your permanent restorations. Avoid eating hard foods or anything very chewy.

You will have some discomfort after your preparation appointment. Each patient will vary with the sensitivity they experience. We have found that this initial discomfort is easily relieved in most cases by taking 600mg of Ibuprofen every 6 hours as needed – not to exceed 3200mg in a 24 hour period. If your sensitivity cannot be managed with ibuprofen, please call our office at 416-224-0677.

It is extremely important to keep your gums as healthy as possible between your preparation and cementation appointments. The following regiment is essential:

- You will be given hydrogen peroxide syringes (which are refillable) and should be used at the gum line of your provisionals 3 to 4 times daily until your next appointments.
- At your post-op visit with Dr. Rouah, he will provide syringes containing an antibiotic mouth rinse. These are to be used for the last 3 days prior to your next appointment in conjunction with the hydrogen peroxide. Use it just as you did the hydrogen peroxide syringes, except only twice daily; once in the morning and once in the evening. Do not rise after applying.
- If you had laser gum therapy performed, use the rubber tip stimulator very gentle under the gums 2 to 3 times per day for the first week.
- Bridge threaders are provided to use between your provisionals. Floss twice a day until your next appointment.
- If your bite feels “high” after the anesthetic wears off, please call our office for an adjustment. With time, a high temporary will bruise the ligament around the tooth and may cause it to become extremely sensitive.

If you require any additional information or have any concerns, please do not hesitate to contact our office at 416-224-0677.