



EXPERTISE
D E N T A L

Cosmetic Post-Op Instructions

Congratulations on your new and improved smile! We are thankful for the privilege of providing you with the finest quality restorations available anywhere. Your continuing care and concern can help assure optimum longevity. Please follow these suggestions to protect and maximize the life of your new smile:

- To prevent fracturing of your new restorations, avoid biting into hard things, such as ice, hard candy, popcorn kernels. Do not tear into things like thick bread, raw carrots, apples or pizza crust. Do not bite your fingernails or try to open things (like a bag of chips) with your teeth. The force can crack your restoration or even natural enamel. Drinking coffee, dark colored juices and red wine may discolor margins over time.
- Use toothpaste that contains no abrasives. (Examples of abrasives are baking soda, cinnamon, tartar control and/or have whitening properties.) For over the counter toothpaste we recommend regular Colgate, Sensodyne or CariFree paste that you can purchase at our office or online.
- Mouth rinses should be alcohol free. (Examples of alcohol-free rinses are Listerine Zero or Breath Rx. We also carry a Ph balanced fluoride rinse, CariFree Maintenance Rinse which can be purchased online as well.
- If your doctor has recommended an electric toothbrush, continue to use it. If not, use only an extra soft toothbrush. Be sure to brush three times per day, flossing at least once per day before brushing.
- Neutral sodium fluoride is the only home fluoride that you should use. Stannous fluoride and Acidulated Phosphate Fluoride (APF) are not recommended for bonding or porcelain.
- If recommended, wear an appliance at night, it is imperative that you comply to prevent chipping or fracturing your restorations while you sleep. If you lose your appliance, or it is not fitting properly, please call our office.
- If you notice that you are hitting or "bumping" into your restorations when you speak or chew, please call our office immediately.
- **Regularly scheduled cleanings and exams are critical to maximize the life of your bonded restorations, as is the proper professional cleaning technique. Potential problems can be prevented or detected at these visits.** Our team is trained to provide you with an effective cleaning that will not damage these restorations. If you should



move and must change dentists, please request an information and instruction sheet to be certain these techniques are known to their staff.

Abrasiveness Index of Common Toothpastes

Toothpaste ads are full of whitening promotion and you often see ads outlining all of the things toothpaste can do. What they don't tell you is how abrasive the products are. Abrasive toothpastes can cause sensitivity, recession and break down restorative dental work. The RDA (Relative Dentin Abrasivity) scale lets us know how abrasive a toothpaste is. Our recommendation is to use toothpaste with a low to medium RDA. For examples, see below.

RDA Scale: 0-70 low, 70-100 medium, 101-150 high, 150-250 regarded as harmful limit.

Low to Medium RDA

CariFree	30
Sensodyne Pronamel	35
Arm & Hammer Peroxicare	42
Colgate Regular	68
Colgate Total	70
Sensodyne	80
165	
Aquafresh Sensitive	83

High RDA

Colgate Platinum	106
Aquafresh Whitening	113
Arm & Hammer Advance White Gel	117
Crest Extra Whitening	118
Crest MultiCare Whitening	118
Colgate Tarter Control	
Crest Vivid White	187

Don't see your toothpaste? Ask us for a more comprehensive list.