

*- congratulations on restoring the health of your tooth
with a permanent restoration! -*

-WHEN AND WHAT CAN I EAT?

-If there was anesthetic used during your procedure - please avoid chewing until the numb feeling has completely gone away.

-Avoid using the area where the permanent restoration was placed for at least one hour in order to let the cement fully set.

-Keep in mind that you do have a restoration but feel free to use your restoration like you would your normal teeth.

-CAN I BRUSH AND FLOSS?

-Brush your teeth as you normally would - it is very important to keep your permanent restoration in great condition just like your other teeth.

-Floss your teeth as you normally would - it is very important to floss around a permanent restoration to keep the area healthy.

-WHAT IF THERE IS DISCOMFORT?

-You may experience some discomfort due to irritation to the area during the treatment procedure.

-If for any reason your bite does not feel even or balanced please call to come in and have us adjust it at your earliest convenience.