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*General & Cosmetic Dentistry*

## **After Reconstructive Dentistry**

Remember that it will take time to adjust to the feel of your new bite. When the bite is altered or the position of the teeth is changed, it takes several days for the brain to recognize the new position or thickness of your teeth as normal. If you continue to detect any high spots or problems with your bite, call our office (719-576-8840) so we can schedule an adjustment appointment for you.

It is normal to experience some hot and cold sensitivity at first. The teeth require some time to heal after the removal of the tooth structure and will be sensitive in the interim. Your gums may also be sore for a few days. Warm salt water rinses (a teaspoon of salt in 1 cup of warm water) 3 times a day will reduce pain and swelling. A mild pain medication (2 tablets of Tylenol or Ibuprofen ((Motrin)) every 3-4 hours) should ease any residual discomfort. Don't be concerned if your speech is affected for the first few days; you'll quickly adapt and be speaking normally in no time. You may also notice increased salivation. This is because your brain is responding to the new size and shape of your teeth; this should subside back to normal in about a week. Daily brushing and flossing are a must for your new dental work. Daily plaque removal is critical for the long-term success of your new teeth, as are regular cleaning appointments. Any food that can crack, chip or damage a natural tooth can do the same to your new teeth. Avoid hard foods and substances (such as nuts, peanut brittle, ice, fingernails or pencils) and sticky candies. Smoking will stain your new teeth. Minimize or avoid foods that will also stain such as coffee, red wine, tea and berries. If you engage in sports let us know so we can make you a custom mouth guard. If you grind your teeth at night, wear the night guard we have provided for you. Adjusting to the look and feel of your new smile will take time. If you have any problems or concerns, please let us know. We always welcome your questions!