

**FULL MOUTH RECONSTRUCTION POST-OP INSTRUCTIONS (TEMPORARY PHASE)**

After Full Mouth Reconstruction or Smile Makeover  
During the temporary phase:

* Clean gum line with Peridex rinse 3x a day with syringe
* Use super floss between each tooth at gum line 3x a day
* Use rubber tip stimulator provided at gum line 3x a day
* 1 week prior to your cementation appointment, rinse with Peridex rinse 2x a day
* Your temporary crowns are made out of an acrylic material, be careful not to bite into any hard or chewy foods while wearing them to prevent breakage. You may notice sensitivity when drinking cold beverages and or a “tightening” feeling. This is normal and to be expected. While your gums will be sore and sensitive it is important to follow the above regime to give the gums a “workout” to heal. All of the above will assist in creating good blood  ow to the gums that will assist them in healing, so while it may be uncomfortable at  first know that it is necessary.
* The post op care of your temporary crowns is vital to the success of your final results. The above regimen will keep your gums healthy while in the provisional, making your next appointment a guaranteed success. Should you return for your next appointment and your gums are bleeding and inflamed, we may not be able to cement your permanent crowns/ veneers at that time.