**Tooth Gem Aftercare Instructions**

* Do not eat or chew gum for one hour after the tooth gem is placed.
* For the next 12 hours following the placement of your tooth gem:
  + Do not brush your teeth
  + Do not eat hard food
  + Do not consume acidic drinks
* Do not use an electric toothbrush for 48 hours after the tooth gem is placed.
* Do not touch or play with the gem with your tongue or finger.
* Once the adhesive is set, maintain regular dental hygiene like brushing and flossing your teeth.
* Keep teeth clean to avoid plaque buildup around the gem

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