



## **After care sheet zirconium/ Porcelain/Emax crowns veneers**

Your new teeth will need time to adjust and settle into their new home, things to expect within the few weeks after having new Crowns fitted

- Sensitivity of hot or cold foods, try to avoid anything too hot or cold for a few weeks
- A change in your bite, your teeth are new and maybe a different shape and size to your natural ones so they may feel strange at first, this usually takes about two weeks to settle and get used to
- Bleeding often last for a few weeks after, your gums have seen some minor trauma and bleeding is normal when brushing, do not floss your teeth for 7 days but after this resume normal oral care
- You may feel like you have someone else's teeth, this is normal, and it takes time to adjust, this can be anywhere from a week to up-to 6 months depending on the individual
- A slight speech correction may be required but this is natural, you will automatically correct your speech in a few weeks however it can take a while on some people so don't be alarmed if three or four weeks it hasn't corrected, it will correct itself in its own time
- You may experience mouth ulcers after the procedure, but this is just your body defense fixing itself and they will not last for more than a couple of weeks
- It is very unlikely that you will experience any infection however should this happens then visit your dentist as normal and request antibiotics. Infection generally is due to oral Hygiene so extra brushing in the area where it may be red and inflamed.

**You must visit your dentist immediately if you feel any sign of infection. The process of having Crowns does not cause infection, bacteria in your mouth due to cleaning does.**



- Oral hygiene is important; we recommend mouth wash daily after you eat to reduce any chance of infection with salt water initially for the next two weeks after this then use a daily mouth wash and use as directed on the label ensuring not to exceed the dosage

You WILL experience some pain, and this can go from mild to painful in the week/s following treatment, generally this will reduce and after a couple of weeks to none to very mild pain only.

The pain will feel like jaw ache and is perfectly normal.

Over the counter pain medication can be taken using only as directed.

The new crowns are cemented on and are very secure, coming off is not common but can happen should this happen we recommend visiting your local dentist to have secured back on.

You are welcome to contact the dentist who provided treatment direct to ask for advice, you can also contact Cosmetic Dental Antalya and we can contact the dentist however it is the dentist who has the final say on any action to be taken.

It is vital that you look after your new Crowns, failure to do so will result in your guarantee being void, please refer to our T&Cs for further details. Cosmetic Dental Antalya are a booking agent and are not responsible for your treatment or and aftercare, the Dentist providing treatment is responsible for the guarantee which is offered

If you need any advice feel free to email [info@cosmeticdentalantalya.co.uk](mailto:info@cosmeticdentalantalya.co.uk) or contact via Facebook for a quicker response where we will be happy to help



Composite Bonding requires little aftercare, but please note that the composite is a softer material than your natural teeth and can chip should you bite on hard foods or misuse the tooth for things such as biting nails, opening bottle caps etc.