



# Cerec

**Congratulations!** You have just received the finest restoration that advanced technology dentistry has to offer. Your Cerec restoration has replaced a portion of your tooth that has been damaged over time. With proper care it should provide years and years of service, as though your tooth were virtually re-enameled.

**Sensitivity:** Mild sensitivity to hot and cold food or drink is expected following placement of any bonded dental restoration. Typically, this sensitivity gradually diminishes over a period of a few weeks. A very small percentage of bonded restorations display sensitivity that persists for longer periods of time. If this continues for more than six weeks, please inform us as it could be a sign that your tooth has nerve damage and may require further treatment to alleviate the problem.

**Chewing:** Avoid chewing hard foods for 24 hours in order to allow the bonding to achieve its maximum strength. Aggressive chewing on such things as ice, or peanuts should be avoided for two weeks.

**Your Bite:** It is not unusual for your bite to be off-balance after a ceramic restoration is placed. We adjust the bite immediately after placing it, however, the numb feeling often does not allow for proper refinement of the bite at the time of service. Please contact our office to schedule an adjustment if needed.

**Hygiene Visits:** To keep your Cerec warranty in effect, visit us for your routine hygiene visits. Often small problems that can develop around the restorations can be corrected if found early. The most often cited reason for failure of any dental restoration is failure to return for routine hygiene visits.

**Preventive Procedures:**

- 1) brush and floss after eating and before bedtime
- 2) rinse vigorously for at least 30 seconds daily with a recommended fluoride rinse product such as fluorigard or ACT rinse. The best time is just prior to bed.
- 3) use a fluoride toothpaste or a toothpaste containing chlorine dioxide such as Oxygene.

Please call our office if you have any questions or concerns. We are always happy to help you.