

Caring for your new smile

Congratulations on your new smile!

Here are some helpful guidelines to keep you smiling as brightly as you are today ...

- Care for your new smile just as you always have-with daily brushing and flossing, and regular maintenance visits to your dentist and hygienist. Using an electric toothbrush, such as the Braun Oral B Plaque Remover, will help to maintain the lustre of your new smile, preventing improper brushing techniques.
- Gel toothpaste is recommended to avoid taking the shine off porcelain veneers.
- If you use a mouth rinse, choose an alcohol-free product, such as Periogard or Oral B Tooth and Gum Care.
- Your dentist or hygienist may recommend using a home fluoride treatment. Use a pH neutral product, such as Colgate NeutraFluor gel or rinse.
- Control your intake of sugary and acidic food and drink, and develop good oral hygiene habits to minimise the effects of these on your new smile. Avoid snacking between meals. Avoid sipping drinks all day (with the exception of water). Rinse your mouth well with plain water immediately after consuming acidic food or drink.
- To protect the whiteness of your smile, minimise your intake of potentially staining food and drink, such as tea, coffee, red wine, curries, berries and the like. Rinse well with plain water immediately after. And don't smoke!
- Avoid very hot or cold food and drink, as these will cause your teeth to expand or contract dramatically, producing small crazes in the tooth surface.
- Your dentist and hygienist will evaluate habits that may damage your new smile. For instance, avoid biting your nails, chewing on pens, and opening packets with your teeth. We'll also suggest simple ways to avoid everyday hazards, such as cutting up stone fruit to prevent biting on the stone.
- Saliva is an essential element in oral hygiene, so avoiding a dry mouth is crucial. Take frequent sips of water. Aim to drink about two litres-about eight glasses-every day. Chew sugar-free gum and hard, crunchy foods to stimulate saliva flow. Avoid hard mints and lollies. Avoid smoking and caffeine, which suppress saliva.
- Create the perfect frame for your new smile by caring well for your lips. Choose the right lipstick to enhance the brightness of your teeth.

Once again, congratulations on your new smile.

Keep smiling!

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- Lip care & lipstick
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