

## Patient Care for All Porcelain Restorations – Dr. Frazar

Congratulations on your new porcelain restorations. Please follow these guidelines, so you can enjoy them for years to come.

- 1.0 Brush and floss the restorations as you would normally maintain your other teeth.
- 2.0 Please **avoid** biting directly into these foods, if you have anterior (front) teeth with porcelain restorations.
  - apples**
  - carrots**
  - celery**
  - tortilla chips**
  - caramels or sticky candy**
  - hard or crunchy food** of any kind
- 3.0 Please refrain from chewing ice.
- 4.0 You may experience some sensitivity to temperature changes, when the restorations are initially placed. This should diminish over time. If the sensitivity is extreme, or trends toward the worse, please call the office.
- 5.0 It is important to schedule your maintenance appointments with the Hygienist at the interval suggested by Dr. Frazar. Keeping the gum tissue healthy and the teeth free from plaque and tartar is essential to prevent recession of the tissue and decay of the teeth.

**Please call the office, if there are any questions.**

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