



Periodontics and Oral Hygiene It is vital that your gums are in an ideal condition before the teeth are prepared and the standard of oral hygiene and cleaning needs to be vigorously maintained. Please follow all instructions regarding your oral hygiene. In particular the advice with regard to attendance and timing of the hygienist visits must be adhered to. After the restorations are fitted the dentist and hygienist will need to carry out regular reviews of the mouth. If the gums are red and swollen it is a sign of gum disease and this will require further treatment from the dentist, periodontist or hygienist.

Porcelain Veneers, Crowns, and Inlays are made from porcelain which is a brittle material and can fracture in use. Avoid abnormal use such as biting finger nails, tearing tape, opening bags, chewing pens etc.

Night Guard Appliance Some people grind their teeth at night and this may put too much stress on any restoration. You may be prescribed an acrylic night guard appliance to wear at night to protect your teeth. If prescribed it is important that you wear the appliance consistently otherwise restorations could fracture or be displaced.

Endodontics Inside each living tooth is tissue called a dental pulp containing the nerves and blood supply to the tooth. Sometimes tooth preparation and the fitting of restorations can result in the dental pulp becoming inflamed with an eventual loss of blood supply. When this happens a procedure called root canal treatment or endodontics will be required. Dental decay or the presence of large fillings can also make this necessary. It may be possible to perform such treatment through an existing crown which may weaken the crown; alternatively the crown may need replacing. If an old restoration is removed it may become apparent that the pulp canal has been damaged by previous decay or treatment, it would then become necessary to arrange for root canal treatment to be undertaken. No estimate of this cost has been included unless stated, but you should be aware that this is a possibility. Root treated teeth are more brittle and may require additional strengthening.

General Many patients grind their teeth at night. As such, following cementation or bonding of your new teeth, it may be necessary to prescribe an acrylic appliance or bite guard to be worn at night. Sugary foods can cause decay and it would be sensible for you to reduce the intake of such foods to a minimum to reduce the chances of further decay.

Veneers These are a thin covering that goes over the front surface of a tooth, though it may extend over the edge and around the back of the tooth. They are usually, made of porcelain but other materials may be used. They are bonded securely to your tooth. They should act and feel like your natural teeth. Veneers will stain less and wear less than natural teeth but may chip, crack or come off if subjected to abnormal stresses such as grinding or using your teeth inappropriately. You should not be afraid to brush and floss them as you would natural teeth.

Crowns Crowns are a covering that go over the whole surface of the tooth – front, back and sides. They are made of porcelain or a metal combination that is bonded on to your tooth. They should act and feel like your natural teeth. Crowns will stain less and wear less than natural teeth but may chip, crack or come off if subjected to abnormal stresses such as grinding or using your teeth inappropriately. You should not be afraid to brush and floss them as you would natural teeth.

Bridges Bridges are a way of replacing missing teeth. They are made of porcelain or a porcelain/metal combination that is bonded on to the tooth or teeth beside the gap. They should act and feel like your natural teeth. Bridges will stain less and wear less than natural teeth but may chip, crack or come off if subjected to abnormal stresses such as grinding or using your teeth inappropriately. You should not be afraid to brush and floss them as you would natural teeth. It is particularly important that you clean underneath the bridging tooth as shown by your dentist or dental hygienist. This will keep the gum healthy and avoid a build up of plaque in this area.

Implants Are a way of replacing missing teeth. They consist of a titanium post which is placed directly into the bone on to which a crown or bridge is placed. During the initial placement and healing phase your dentist will give you specific advice on the care of the implant site. Once the final restoration has been placed it should look and function just like your natural teeth. One significant difference however, is the lack of periodontal ligament. This a layer of tissue between your natural teeth and the jaw bone. It acts as a shock absorber and the nerve fibres give feed-back on how hard you are biting. Without this ligament the implants will feel more solid than natural teeth but since extra pressure can be exerted it may cause damage to the porcelain. Be careful not to overload your implant and report any unevenness of your bite to your dentist.

Composite Fillings Tooth coloured restorative materials can give an excellent cosmetic result with minimum adjustment to your teeth but it is not as strong as porcelain and can wear and discolour over time. Avoid products that stain and use a non-abrasive toothpaste. Otherwise clean and floss as normal and avoid subjecting them to undue stresses such as grinding or using your teeth inappropriately.