



JOYCE BASSETT

F.A.A.C.D., F.A.G.D.

COSMETIC AND RESTORATIVE DENTISTRY

COMPREHENSIVE | FUNCTIONAL | GENERAL

Conscious Sedation Vitals  
Preparation and Cementation Base  
Dr. Joyce L. Bassett D.D.S.

DATE: \_\_\_\_\_

PATIENT'S NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

WEIGHT: \_\_\_\_\_

PT. ATE: \_\_\_\_\_ AT (TIME): \_\_\_\_\_

MEDICAL STATUS: (CIRCLE ONE) - ASA I II III

ALLERGIES:

VITAL SIGNS:

<u>PRE-OP</u>	<u>TIME</u>	<u>AFTER SEDATION</u>	<u>TIME</u>	<u>AT DISCHARGE</u>	<u>TIME</u>
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P	O2	BP			
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P	O2	BP			
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P	O2	BP			
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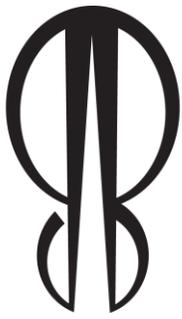
\_\_\_\_\_

MEDICATIONS:	<u>DRUG(S)</u>	<u>DOSAGES</u>	<u>TIMES</u>
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PT. LEFT WAS AMBLATORY- NAME OF ESCORT \_\_\_\_\_

DOCTOR'S NAME: \_\_\_\_\_

ASSISTANT'S NAME: \_\_\_\_\_



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## Preparing For Your Porcelain Restorations 2018

**Dr. Bassett's Cell Phone #: 602-989-5552**

Congratulations! You have made one of the very finest investments available today in YOU. Your confidence and self-esteem will soar every time you, or others see you and your beautiful new smile.

Today we performed all the preparation steps. As with any dental procedure there may be an acclimation period or minor side effects. Here are some of the normal but temporary things you might experience:

- Generalized soreness of your mouth
- Tooth sensitivity to cold
- Increased in saliva flow
- The look and feel of your **SMILE** has changed
- Gum soreness, especially if we performed **LASER** recontouring
- Speaking differently and occasional lisping
- Do not floss, they are connected
- Cut all your food up into little pieces and place on the back molars, only chew up and down. **Do not tear or bite into food using your front teeth.**

For the next 3-5 weeks you will have these interim veneers. It is very important that you evaluate these and tell us how you like them, or would change them. It is also imperative that you take immaculate care of them. These next suggestions will help you to maintain your interim veneers as well as minimize any side effects:

### **Day of surgery:**

- Yes / No Please wear comfortable, loose fitting clothing with short sleeves.
- Yes / No Brush the morning of your appointment. Do not brush prepared teeth for two days, only use Closys on the gums.
- Yes / No Day 2 Apply Closys II (we will give this to you at appointment day) to gums 3-4 times daily until you receive your new teeth. Swish Closys for 20 seconds and spit.
- Yes / No Take an anti-inflammatory *Advil* daily, 4-200 mg tabs every 4-6 hours (around the clock) for the first 3 days (longer if necessary).
- Yes / No Hydrocodone 5mg ½ to 1 tab every 6 hours as needed for pain. This pill is optional, only needed after procedure. (Continue taking the *Advil* or a NSAID for inflammation around the clock (probably with a bolus of food) irrespective of the other medications)
- Yes / No If taking Valium or Halcion or Xanax during the procedure, we insist you have someone bring you to your appointment for your safety someone must drive you home. If you need assistance we can take you home in your car and have another assistant follow you driving your car.. Please let us know, it is our preference that you find a driver. Legally you are not to drive while using this medication.
- Yes / No Bring your medications to appointment, we need to hold and dispense them to you during the appointment
- Yes/No Fixodent is to be used in case a temporary comes off. Dry the tooth, apply a thin amount of product inside the temporary, place on tooth and hold in place for a few minutes.
- Yes / No When Patient left he/she was ambulatory and felt fine \_\_\_\_\_
- Drove patient home, Phone # \_\_\_\_\_

- Yes / No If you have a history of oral cold sores, inform Dr. Bassett and she will prescribe Zovirax 400 mg 25 tabs. Take 1 tab the morning of appointment and one in the evening and one the next day, keep the rest in case an outbreak occurs.
- Yes / No Avoid crunchy, chewy, crisp, or tough foods; i.e. Apples, carrots, gum, tough bread, etc. Chew all food on the back teeth.
- Yes / No Wear comfortable clothes (sweats, etc. that will be ok if get damaged).
- Yes / No If you wear contacts please wear your glasses.

After the procedure you must have someone accompany you home, do not drive or operate any machinery, do not make any important legal or personal decisions until the following day. Do not drink any alcoholic beverages after your treatment. You may feel tired after the procedure therefore do not schedule any activities, just rest. **Allergic or abnormal reactions to the medication used are very rare. However, make sure you call the office if you feel something is not right or if you have any concerns about your condition or treatment.**

Interim veneers are only temporary, so cut up all foods and place onto your back teeth and chew. Do not bite into anything with the front teeth temporaries.

- Before having any cosmetic fillers placed in your face or any plastic surgery procedures done, contact Dr. Bassett. There are times when she would like these procedures to be performed following your veneers.
- Call **IMMEDIATELY** if:
  - Your bite feels “high” or “different”
  - Anything feels loose or comes off
  - DO NOT let any other dentist recement your temporaries, correct temporary cement must be used from our office to ensure bond strength of final porcelain restorations.
  - You have any questions or concerns

We cannot thank you enough for trusting us with something so precious. We welcome, in fact encourage, any comments or suggestions concerning your visit. We know that while working together, we can create a new smile that will forever change the way you see and feel about your self. Everyday it will become more and more a part of **YOU!**

**If you are an out of town patient, there is no travel until Dr Bassett releases you for your return home.**

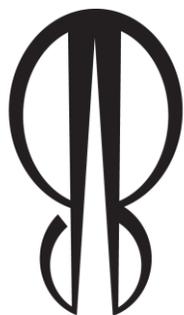
I have read and understand the above policy.

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_

Witness Signiture \_\_\_\_\_ Date \_\_\_\_\_

## Pre-Op Appointment Dental Assistant

Patient: \_\_\_\_\_  
 (note: all items must be initialed)



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- Yes/No 1. When patient arrives, front office to call assistant to front desk. FO will answer phones, file, etc. while assistant goes over financials and collects, look at team talk.
- Yes/No 2. Put together SBJ Bag with 2 bottles of Closys in the bag on the couch to be loaded as the day progresses with ice packs and pills to be put in the bag when the patient leaves. Take patient's pills, place them by the magazines with water and Ensure.
- Yes/No 3. Seat patient, go over teeth 3's, place topical, put timer on
- Yes/No Take Blood Pressure, Fill out Conscious sedation sheet with breakfast and driver
- (F/O) Yes/ NO Financial arrangements form completed & signed
- (F/O) Yes/ No 4. Informed consent papers reviewed and signed in the chart
- Yes / No 5. Review preparation letter with patient, copy should be signed and put into the chart.
- Yes/ No 6. Review sedation options (does pt have a driver?)
- Yes/No 7. Sign Informed consent for sedation DO NOT give patient any pills-Dr. B administers in the op
- (FO) Yes/ No 8. Patient understands all treatment/Financial arrangements—Collect Check before taking patient back

**Patient is seated in the operatory for the Preparation Appointment & Valium administered by Dr. Bassett goes over the TX Plan that was signed and posted.**

- Yes/No Tx Plan out for Dr. B to go over with patient.
- Yes/No Perio charting complete and updated
- Yes/ No Patient's FMX on view box
- Yes/ No Have all wax-up slips out and a blank lab slip, articulator and stints
- Yes/No Pillow, Blanket, headset for patient



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## COMPOSITE PROTO TYPES RESTORATION, HOME CARE PATIENT INSTRUCTIONS

*Your composite proto type is made to last for at least a few weeks. This allows us to evaluate any potential problems prior to your final restoration*

### IMPORTANT CONCERNS:

1. The provisional restorations that you now have will seem very different at first. **Remember, it will take time to adjust to the feel of your new bite and esthetic look.** When the bite is altered or the position of the teeth is changed it takes several days for the brain to recognize the new position and/or thickness of your teeth as normal. After a few days, if you continue to detect any “high spots” or problems with your bite, call us so we can schedule an adjustment appointment. You may experience some discomfort in both the gums and the teeth in the form of soreness or sensitivity.
2. **Its normal to experience some hot, cold and pressure sensitivity after preparation of the teeth.** Removing tooth structure and placement of new materials may result in a period of adjustment. **Your gums may also be sore for several days.** Brushing is the most important thing you can do to insure good tissue health but you will not be able to brush along the gum line for a couple of days. CloSYS is used to improve the tissue health and to facilitate the placement of the final restoration. Swish a small amount of the solution in your mouth: massage it into the tissue around the tooth for 20 seconds and spit it out, 3 times a day. Mild pain medication should ease your discomfort during the adjustment period, if needed. Even though rare, please don't hesitate to give us a call so that we may phone a prescription into a pharmacy if you so need one.
3. Don't be concerned if your speech is affected for the first few days. You'll quickly adapt and be speaking normally before you know it. You may notice increased salivary flow due to the fact that your brain may respond to the new size and shape of your new teeth or provisional restorations. This condition should subside to normal within a week or so. **You will probably note that all the teeth are splinted to each other; this is to add strength and rigidity to the provisional restoration.** The final restorations will not be splinted together unless otherwise discussed. Remember, these are only temporary restorations; the final restorations will look far better and much more natural than these. Also, the provisional restorations may feel rough in areas and disproportioned in others. This is normal and will be eliminated with the final restorations.
4. It is **imperative** that you exhibit limited use of the provisional restorations while your final restorations are being fabricated. Cut food into bite-size pieces or use the back teeth to chew food. The temporary restorations are fairly brittle and with overuse can break or fractures. **Be VERY CAREFUL with these provisional restorations until your final placement appointment.** The provisional restoration will “feel” different in that it is all one piece versus several individual teeth, therefore, you will have a sensation that the whole provisional may feel like one piece moving while chewing. This is normal. After eating a meal the teeth and gums may be sore for a time for the first couple of days. Use of Advil or anti-inflammatory 4-200 mg tabs every 4-6 hours (around the clock) for the first 3 days or longer if necessary for this discomfort is recommended.
5. **The temporary must stay on.** Your temporary is held on with strong temporary cement. Occasionally, it may loosen or come off before it should. If this happens, the tooth may move, become sensitive or cause inflammation. Any of these conditions may prevent timely placement of the final restoration. **To prevent loosening,** be careful with biting and chewing foods cut all foods into small pieces and chew on your back teeth in an up and down motion, do not bite and tear with your front teeth, do not use your teeth as tools. Avoid hard, tough, crunchy and/or sticky foods. Most of our temporaries are splinted but if you can floss then floss carefully. After introducing the floss between the teeth, merely pull the floss through the side. Avoid pulling up or down on the temporary because this action will dislodge the temporary. **What To Do If It Comes Off: Call us. We would like to recement it for you in a timely manner. In the meantime, replace the temporary with finger pressure or secure it with a small amount of denture adhesive such as Poli-grip or Fixodent.**

**6. Normal Expectations:** There may be some tenderness, some soreness, but only for a few days. Please call us if you experience any conditions that in your opinion seem to be out of the ordinary.



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**Pg. 6 – 11P**

**Post-op #1 (30 minute uninterrupted)  
Temporary Approval**

**Patient** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Room Set Up:**

- Bite Adjustment
- Composite Mock Up
- Both Slow Speed Handpieces
- Alginate Impressions—trays, bowls filled, water measured
- Rimlock
- Computer On—Microsoft Word Up

**Dental Assistant perform:**

**PATIENT TO SIGN APPROVAL FOR PLACEMENTS!**

DA: Yes or No Is pt in discomfort?

- Take pa
- Fill in “emergency exam” sheet

DA: Yes or No Is pt taking pain medications?

- Are they working?
- Do they need another RX?

DA Yes or No Write down all of patients/ chief concerns in the chart

DA Yes or No On Microsoft Word, Type Patient’s Name, “Provisional Approval, and date at top of page

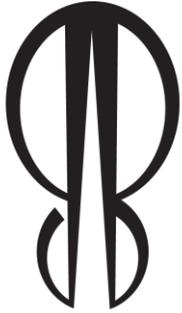
DA Yes or No Review home care with pt

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**Doctor to do:**

- \_\_\_\_\_Bite adjustment
- \_\_\_\_\_Reshape temps. (As needed)
  - Shorten
  - Thin
  - Recontour
  - Add Length
  - Eval Buccal Corridor
- \_\_\_\_\_Re-measure lengths (if needed)
- \_\_\_\_\_Eval. Gum tissue
- \_\_\_\_\_Smooth margins with finishing Diamond
- \_\_\_\_\_Polish any rough spots on temps
- \_\_\_\_\_Re-photograph any changes

\_\_\_\_ Poss. New alginate to send to the Lab  
\_\_\_\_ Give Post Op for Cementation



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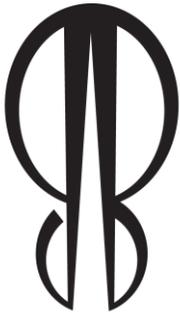
## Approval for Placement of Temporaries

I have had the opportunity to view the color and shape of the composite temporary restorations under different lighting conditions that are temporarily cemented in my mouth. I like the basic shade and function of these composite teeth. With the exception of the requested modifications noted below, if any, I approve the design for the fabrication of the final restorations to be made by the ceramist. I understand that certain aspects of the veneers will be different, color at the gum line, color at the tips of the teeth, and surface texture. They will not be one color from top to bottom. I approve the basic shape, length and fullness of these temporaries. I have reviewed and approved the changes in the laboratory email.

Patient Signature: \_\_\_\_\_ Guardian (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

## Additional Requested Modifications

Additional requested modifications, if any, are noted as follows: \_\_\_\_\_



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### **Approval For Porcelain Placement**

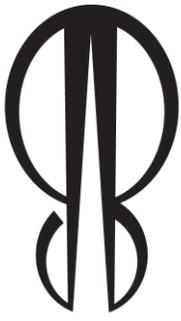
I have had the opportunity to view the color and shape of the porcelain restorations under different lighting conditions, including natural sunlight. With the exception of the requested modifications noted below, if any, I approve the restorations to be bonded in place. I understand that certain bite adjustments with likely need to be made after bonding in the teeth, but that other changes (e.g., relating to the color and shape) after the bonding process would likely require cutting off the restorations, which may result in further reduction in tooth structure and an additional full fee under our then current fee structure.

Teeth Numbers: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Guardian (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

### **Additional Requested Modifications**

Additional requested modifications, if any, are noted as follows: \_\_\_\_\_



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**Dear:**  
**CEMENTATION!**

Today is **THE** day! You now have your **NEW SMILE!** Do you even remember what you used to look like?

As with the preparation appointment, there will likely be a short acclimation period and some of the same mild, short-term side effects:

- Generalized soreness
- Tooth sensitivity
- Your smile looks and feels different
- Soreness in your gums

At this point your veneers should fit better, feel smoother, and look more natural and beautiful than your interim veneers. Again, we have a few suggestions to help the transition smooth and comfortable.

- Brush two times daily and gargle with Closys II for two more weeks.
- Floss all your teeth daily starting tomorrow.
- Take Advil 3-4 times daily for 3 days.
- Avoid hard, crunchy, or tough foods; i.e. apples, carrots, tough bread, ice. Chew your food using your back teeth, do not tear your food using your front teeth.
- Call us IMMEDIATELY if:
  - Your bite feels “high” or “different”
  - Anything feels loose or comes off
  - You have any questions or suggestions

Your smile is gorgeous now! We have two more suggestions to keep it the most beautiful and maintenance free for years. First, remember you one-week follow-up, artistic touch-up appointment. After a week of healing and living with your new veneers we often find there are minor refinements we want to make, both cosmetically and functionally. Secondly, we strongly recommend that you protect your investment by having regular teeth cleanings at least three times per year. This will not only help maintain the health of your gums and bone, but also allow us to inspect your veneers for you. Although potential problems are rare, we would be able to detect and treat them early.

After cementation of your veneers you will need to have a series of bite adjustments. Dr. Bassett will determine how many and when they need to be scheduled. Each case is specific. I agree to follow her regiment until everything is stabilized post operatively. She may also have diagnosed an occlusal appliance that will be fitted.

When Patient left he/she was ambulatory and felt fine \_\_\_\_\_  
Drove patient home, Phone # \_\_\_\_\_

Let us take a moment to thank you once again. We are honored that you have entrusted us with your precious smile. The greatest complement we can receive is your recommendation of us to others. We will welcome them, and treat them with the same care and courtesy that you’ve enjoyed.  
Everyone deserves a “BEAUTIFUL SMILE”

Patient Signature: \_\_\_\_\_ Assistant Signature: \_\_\_\_\_



## Invisalign (Essex) Retainer Informed Consent

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The purpose of this letter is to inform you again of the possible problems that can occur with your new restorations. We are happy that we could give you a fresh start but it is critical to stop any destructive forces on your restorations or your reconstruction can be compromised. We can not give you anything better than what God gave you. We recommend that the stresses should be controlled on your restorations. Do not use your teeth as tools and wear your night time appliance. We are also recommending an additional appliance for certain veneer cases.

The purpose of this appliance is to protect your veneer and tooth if a veneer or porcelain crown comes off. This appliance will not prevent a delamination. It is to be used to protect the veneer and allow you to be comfortable socially until you can be seen by us. The technique we would like you to adhere to is to dry the veneer and your tooth, place Fixodent, (no other store brought cements, they may have chemicals in them that will affect the final bonding process) on the veneer, place it over the tooth and wear your invisalign retainer over all of your reconstruction. This will hold your veneer in place. If you can not figure out how to put the veneer back on your tooth and the tooth that is exposed is sensitive put the piece of porcelain in a safe place (bring it to your next appointment), and wear the Essex type retainer over the exposed tooth. This should decrease sensitivity.

Cosmetically it would appear that your tooth is in place, but you have a very thin clear layer of acrylic covering your teeth. Most people would not be able to see this retainer. If the porcelain is fractured into small pieces, do not throw them away, bring them to us. There are times when it can be repaired, or the pieces will be used as a guide for shade selection for a new veneer.

The most important thing to do to avoid delamination is to let Dr. Bassett know if your bite does not feel correct, control excessive stresses to the new restorations, and do not use your teeth as tools. Next, please wear your night guard, if one has been recommended to you. If you have requested a bleach shade veneer and your underlying tooth had a dark color, more enamel was removed and dentin is exposed. The bond strength to dentin is unpredictable and if the veneer repeatedly delaminates a new porcelain restoration may need to be fabricated and it will require resistance form, which means more tooth reduction may be necessary and a crown procedure may need to be performed. This procedure will be accomplished at the new and current fee schedule.

In case of an emergency call the office to schedule a re-cementation appointment. We will do everything possible to make sure you are seen at the earliest time available. If you are not in the area, we will assist you in finding a dentist close to you that is an expert in cosmetic dentistry.

I have been informed that I may have a delamination and understand and assume the risks, costs and inconveniences.

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

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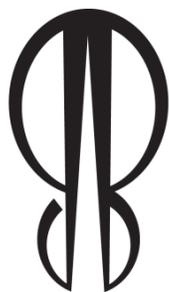
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FELLOW ACADEMY  
OF GENERAL DENTISTRY

FELLOW INTERNATIONAL ACADEMY  
OF DENTAL FACIAL ESTHETICS





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Conscious Sedation Informed Consent Form  
Dr. Joyce L. Bassett D.D.S. Office

The purpose of this document is to provide an opportunity for patients to understand and give permission for conscious sedation when provided along with dental treatment. Each item should be checked off after the patient has the opportunity for discussion and questions.

\_\_\_\_\_ 1. I understand that the purpose of conscious sedation is to more comfortably receive necessary care. Conscious sedation is not required to provide the necessary dental care. I understand that conscious sedation has limitations and risks and absolute success cannot be guaranteed. (See #4 options.)

\_\_\_\_\_ 2. I understand that conscious sedation is a drug-induced state of reduced awareness and decreased ability to respond. Conscious sedation is not sleep. I will be able to respond during the procedure. My ability to respond normally returns when the effects of the sedative wear off.

\_\_\_\_\_ 3. I understand that my conscious sedation will be achieved by the following route:  
Oral Administration: I will bring my pill to my appointment. The sedation will last approximately \_\_\_\_\_ to \_\_\_\_\_ hours.

\_\_\_\_\_ 4. I understand that the alternatives to conscious sedation are:  
a. No sedation: The necessary procedure is performed under the local anesthetics with the patient fully aware.  
b. Anxiolysis: Taking a pill to reduce fear and anxiety.  
c. Nitrous oxide sedation: Commonly called laughing gas, nitrous oxide provides relaxation but the patient is still generally aware of surrounding activities. Its effects can be reversed in five minutes with oxygen.

\_\_\_\_\_ 5. I understand that there are risks or limitations to all procedures. For sedation these include:  
 (Oral Sedation) Inadequate sedation with initial dosage may require the patient to undergo the procedure without full sedation or delay the procedure for another time.  
 Atypical reaction to sedative drugs which may require emergency medical attention and/or hospitalization such as altered mental states, physical reactions, allergic reactions, and other sicknesses.  
 Inability to discuss treatment options with the doctor should circumstance requires a change in the treatment plan.

\_\_\_\_\_ 6. If, during the procedure, a change in the treatment is required, I authorize the doctor and the operative team to make whatever change they deem in their professional judgment is necessary. I understand that I have the right to designate the individual who will make such a decision.

\_\_\_\_\_ 7. I have had the opportunity to discuss conscious sedation and have my questions answered by qualified personnel including the doctor. I also understand that I must follow all the recommended treatments and instructions of my doctor.

\_\_\_\_\_ 8. I understand that I must notify the doctor if I am pregnant, or if I am lactating. I must notify the doctor if I have sensitivity to any medication, of my present mental and physical condition, if I have recently consumed alcohol, and if am presently on psychiatric mood altering drugs or other medications.

\_\_\_\_\_ 9. I will not be able to drive or operate machinery while taking oral sedatives for 24 hours after my procedure. I understand I will need to have arrangements for someone to drive me to and from my dental appointment while taking oral sedatives.

\_\_\_\_\_ 10. I hereby consent to conscious sedation in conjunction with my dental

Patient/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Witness \_\_\_\_\_

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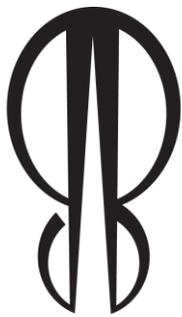
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## Caring For Your New Porcelain Restorations Patient Instructions

### **1. How To Clean Your New Teeth**

You should be able to floss your new restorations in a normal manner. Use a soft tooth brush with a toothpaste. You may also purchase an **Oral B electric toothbrush** with a soft attachment and someone from our office will show you how to use it. You may also purchase a prescription strength fluoride toothpaste at the front office to be used at night before you go to bed.

Do not use any abrasive whitening toothpastes on your restorations. They can damage your porcelain veneers.

We recommend not cleaning your teeth more than three times a day. Brushing should be done in moderation.

### **2. Mouth Rinses**

Over the counter rinses do not provide a significant health benefit, but are acceptable to freshen your breath. Most contain alcohol and may create a dry mouth concern. If you are at caries risk we have a prescribed caries mouth rinse that you may purchase at the front office.

### **3. Eating**

“Common sense” suggestions of safe eating should be adhered to. Do not use your teeth as tools. Biting and tearing with your front teeth can damage and dislodge the veneers. Delamination of the veneers can occur for example when scraping meat off a bone when eating spareribs or biting raw carrots may not be particularly prudent if your front teeth have been restored. These foods can still be eaten but they should be cut into pieces and placed between the back molars that are designed to crush and take these forces, this will increase the longevity of your anterior restorations. In addition, heavily pigmented food such as berries have a propensity to stain teeth. Avoidance or eating these types of food in moderation may prevent restorations from losing their brilliance.

### **4. Drinking**

As mentioned above with mouthwashes, alcohol has the ability to hasten the demise of bonded restorations. In addition, dark drinks like red wine are probably more offensive to esthetic restorations than lighter-in-color drinks. Nonalcoholic drinks can also cause problems. Coffee and tea are notorious stain-producers while soft drinks such as Coke and Pepsi can be laden with sugar and acids and may contribute to recurrent caries. Ice in any kind of drink should not be chewed.

### **5. Habits**

This includes biting fingernails, pencils, etc., all of which can damage or dislodge restorations. Trying to open various types of containers, envelopes, etc., with teeth can also lead to loss of restorations. Do not use your teeth as tools.

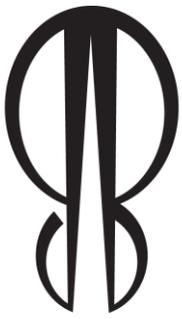
### **6. Smoking**

There is no doubt that smoking is highly deleterious to both teeth and restorations. Even though smoking's role in shortening the life of a restoration is unclear, it certainly contributes to a significant amount of stain accumulation.

### **7. Sensitivity**

Sensitivity is common following permanent cementation. It will usually decrease after two weeks. If sensitivity persists, please notify the office.

Thank you for allowing us to provide you with the highest quality dental care.



**JOYCE BASSETT**

F.A.A.C.D., F.A.G.D.

COSMETIC AND RESTORATIVE DENTISTRY  
COMPREHENSIVE | FUNCTIONAL | GENERAL

## Nightguard Home Care Instructions

### **Control Muscle Abuse**

- **Avoid Sleeping on your Jaw**  
Try a cervical pillow
- **Use your Appliance as Directed**
  - Every time you sleep  
*When not wearing, clean,*
  - 24 hours a day  
*Remove only to clean\**
- \*To clean, use toothbrush and/or denture cleanser
- **Avoid Chewy Foods**  
Ice, raw vegetables, hard crusted bread, apples, and large sandwiches
- **Avoid Clenching you Teeth**  
“Lips together, teeth apart”
- **Avoid Strenuous Exercise**
- **Do Not Open Too Wide**
- **Limit Intake of Sugar and Caffeine**  
Healthy diet, adequate sleep, and exercise
- **Apply Moist Heat/Massage**  
Hot towel or hydroculator for 20 minutes, twice a day
- **Take Medication as Prescribed**
  - Aspirin
  - Tylenol
  - Ibuprofen
  - Other
- **Do Something Enjoyable**

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