

TOOTH-COLOURED INLAY/ONLAYS PATIENT INFORMATION **(FIRST APPOINTMENT PREPARATION)**

You've just had the first of two appointments necessary to restore your tooth with a Concept or Targis/Vectris restoration (inlay/onlay/crown/bridge).

Today your tooth was prepared to receive the Concept or Targis/Vectris restoration. An impression was taken to give the laboratory the necessary information to create a perfect-fit Concept or Targis/Vectris restoration. In addition, the impression also gives the lab the dimensions of opposing teeth so that the restoration can be made to ideal shape and fit. This ensures that the restoration bites well with the opposing teeth. Information regarding the tooth's several shades and opposing arch information was taken to ensure that the restoration you receive looks as great as natural teeth.

A temporary was placed in the tooth until your next appointment when the Concept or Targis/Vectris restoration will be bonded. A temporary restoration serves many important functions:

- 1) it protects the tooth from sensitivity
- 2) it prevents food from lodging in the preparation
- 3) it prevents the teeth from shifting
- 4) it provides a temporary biting surface

WHAT TO EXPECT:

GUMS AND TISSUES IN THE SURROUNDING AREA:

It is normal for you gums to be sore and sensitive in the area surrounding the preparation. You may feel this discomfort as the anaesthesia wears off, This is due to the treatment you have received and should disappear within a day or two. The tissue in the area of the injection may also be sore. Rinsing with warm salt water (1tsp. salt in 8 oz. water) several times a day will help relieve the discomfort.

RINSING:

You will be given or prescribed an antibacterial rinse to use twice daily for the next two weeks, until the bonding appointment. The best times to use this rinse are in the morning after breakfast and homecare, and the next time should be right before bedtime after normal homecare. Use a full amount (1 capful) and swish thoroughly against the prepared teeth and gums for at least 30 seconds, then expectorate. Do not drink or eat anything for at least 30 minutes after rinsing. This will keep the gums healthy so that bleeding is minimized on the bonding appointment.

CHEWING:

Avoid chewing hard or sticky foods on the temporary. Sticky foods may pull the temporary loose and biting hard foods could damage the existing tooth structure. The temporary is supposed to be easy to remove, and may come off inadvertently. If this happens, rinse off the temporary and blot it dry as well. Stick the temporary back into the tooth. Be gentle; it will only fit one way. If keeping the temporary on the tooth requires more adhesion, you may use toothpaste or denture adhesive **only**. Using anything else could damage the nerve of the your tooth. Your best intentions can be detrimental to the dental preparation. If you have any questions, please call the office. If you cannot get

the temporary restoration back onto the tooth, please call the office and bring your temporary filling in with you.

ORAL HYGIENE: Flossing around your temporary will not be possible. This will prevent the temporary from being knocked off accidentally. Brush the tooth with the temporary as you do all your other teeth. Flossing around the temporary will not be possible because the temporary is partly lodged against the surrounding teeth. Please use the Rubber tip to clean around the tooth. This is an excellent way to keep plaque away from the tooth and to keep the gum as healthy as possible.

PROBLEMS:

FEELS ROUGH: It is normal for the temporary to feel somewhat rough. If the temporary, is unusually rough or sharp to the tongue or cheek, call the office. It can be smoothed and polished very easily.

BITE IS HIGH: If you are having trouble biting down, call the office and we will adjust the bite on the temporary. Please do not ignore any concern you may have as a high bite may bruise this or the opposing tooth.

SENSITIVITY: It is normal to feel sensitivity to extremes of hot and cold. If this happens, just avoid really hot or really cold foods and drinks. If you feel that the sensations are extreme, call the office. This sensitivity will disappear with the placement of the final restoration.

LOOKS UGLY: The temporary is just a protective filling until the permanent Concept or Targis/Vectris restoration is placed. This temporary may turn yellow, green and/or brown. This is normal. Rest assured that the permanent restoration will be beautiful.

IT FELL OFF: The temporary is designed to come off easily. Try to avoid chewing very hard foods, sticky or tacky foods on that side of your mouth. (See **CHEWING** on the reverse side)