

Journey

Pre-operative DO's and DON'T's

Brush your teeth at least twice per day.



Inform us if you are taking any medicine.

Use cleaning aids such as mouth wash, floss, and any others.



Refrain from smoking, as tobacco has a negative impact on oral health.

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Personal Care

Post-Operative DO's and DON'T's

If you required anesthesia, avoid eating until your mouth is no longer numb.



Avoid chewing on anything that could potentially break or damage your crown.



Floss your permanent crown as you would your natural tooth. Use a floss threader to remove food, etc from beneath your dental bridge.



Consider the use of a night-guard if you clench or grind your teeth at night during sleep.



Carefully eat hard food such as nuts, candies, and ice to avoid breaking or damaging your permanent crown.



Expect some hot/cold sensitivity following your crown procedure.



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Maintenance

Post-Operative DO's and DON'T's

Routine cleanings are a must at least every six months with a hygienist.



Although laminates are strong, avoid excessive biting forces and habit patterns: nail biting, pencil chewing etc.

Use a soft toothbrush with rounded bristles, and floss as you do with natural teeth.



Avoid biting into hard pieces of candy, chewing on ice, eating ribs.



Use a less abrasive toothpaste and one that is not highly fluoridated.



Use a soft acrylic mouthguard when involved in any form of contact sport.



Send a photo of your new & beautiful smile to us to share it with Longevity community on Instagram!



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