

COSMETIC DENTAL TREATMENT

You're about to begin your journey toward a brighter, more confident smile. To help you prepare, here's what you need to know before starting your cosmetic dental treatment.

There are 2 types of material used for doing cosmetic dentistry:

Material	How It Looks	How Long It Lasts	Cost	Warranty	Best Used For	Things to Know
Porcelain	Very natural, looks like real teeth, most esthetic	Very durable	\$\$\$	5 years	Veneers, crowns on front teeth	Doesn't stain easily, blends beautifully with your smile, harder to chip/break, can dislodge
Composite Resin	Matches tooth color decently but not always perfect	Less durable	\$\$	1 year	Fillings, small repairs	Can stain over time, easier to chip/break, can dislodge

COSMETIC CONSULTATION APPOINTMENT

We will need to complete what we call a **Dental Facial Analysis (DFA)** prior to beginning any treatment, which includes:

- A series of photographs that we will use to create a custom treatment plan and help us communicate with our lab technician
- A digital scan of your teeth that we will send to our lab technician so they can create a **"wax up"** which is a "blueprint" for how we want your final restorations to look
- A thorough examination by your dentist
- A discussion of your goals. If you have any ideas of what you would like your teeth to look like (i.e. size, shape, color), photos are often helpful to bring to this appointment to discuss with your dentist.

BEFORE YOU BEGIN

Timing: If you have a deadline that you would like your treatment done by **DO NOT WAIT UNTIL THE LAST MINUTE**. Cosmetic dentistry takes time and patience. We do NOT rush cosmetic cases under any circumstance. From initial appointment to delivery date, it can take anywhere from **2-6 months** or longer if orthodontic treatment or implant surgery is needed.

Communication is key: Let your dentist know your goals and your concerns so that we can ensure your experience meets your expectations.

Orthodontic Treatment: if teeth are misaligned, orthodontic treatment (e.g., Invisalign or braces) may be recommended before cosmetic work to ensure your restorations are placed in ideal positions for function and aesthetics. Treatment time varies—plan ahead if orthodontic treatment is needed. The average orthodontic case takes **18-24 months**.

Oral Appliances: If you currently wear a night guard, retainer, or any other oral appliance, you'll need a temporary version designed to fit over your temporary restorations. In cases where the final restorations

closely match the wax-up, the temporary appliance may continue to function effectively long-term. However, this outcome is not guaranteed. Once your permanent restorations are placed, *a new final appliance may be required.*

Whitening: whitening should be completed (not started) at least 2 weeks prior to any cosmetic restorations because:

- Restorative materials (like porcelain or composite) do not change color with whitening
- Tooth color needs time to stabilize.
- Your teeth may be sensitive after whitening so they will need time to desensitize.
- Options:

Whitening Type	Pros	Cons	Cost	Time Needed
Opalescence In-Office	Fast results in one visit, professionally applied, high-strength gel	Higher cost, may cause temporary sensitivity	\$600	~1.5 hours in office
Opalescence Custom Trays	Tailored fit, effective whitening over time, reusable trays	Requires multiple applications, more expensive than over-the-counter options	\$300 2 refill syringes (\$45)	30-60 min daily for 1-2 weeks
Opalescence Go Trays	Pre-filled trays, easy to use, no impressions needed	Less customizable fit, moderate results, disposable	\$85	15 min daily for 10 days
Crest White Strips	Affordable, widely available, easy to use at home	May not whiten as evenly, lower strength than professional options	\$30-50	30 min daily for 10-20 days

DURING TREATMENT

Preparation Appointment

- Depending on how many teeth are being treated, the length of each appointment will vary. Ask your dentist so you can plan accordingly.
- You will be numb for the entire appointment and will remain numb for **2-3 hours** after the last injection.
- Your teeth will be strategically reshaped to allow space for the restorations.
- Once your teeth are completely prepared, we will take digital scans and/or impression(s) of the preparations to send to the lab.
- We will then fabricate your custom temporary restorations based on the “wax up” that was designed by the lab.
- If you currently wear a night guard, retainer or other appliance we will have a temporary one ready for you to wear.

Temporary Phase (6+ Weeks)

- Temporaries will mimic the final restorations but may feel different (rougher) and are more fragile—avoid biting into anything hard, sticky, crunchy, or chewy.
- The goal of wearing the temporaries is to allow us to test drive them before we make the final restorations.
- You will return **1-2 weeks** after your preparation appointment to confirm your bite is even and you are satisfied with the function and esthetics of your temporaries. If there is anything that you do not like

about the temporaries it is crucial to tell your dentist while you are in the temporary phase. If you do not, you may be responsible for any redo fees.

- You may be in temporaries for a minimum of **6 weeks** depending on the complexity of your case.

Post-Op Care:

- Mild soreness in the teeth, gums, jaw, and injection sites for several days is normal after your preparation appointment. If needed, you can take over-the-counter pain medications to help with any discomfort, i.e. ibuprofen or Tylenol.
- Maintain good oral hygiene using a soft-bristled toothbrush and using an alcohol-free mouthrinse (non-colored to prevent staining) twice daily.
- If you use an electric toothbrush, turn it off in the areas of the temporaries.
- Use a floss threader to floss under temporaries that are connected but do NOT pull up through the contact on the temporaries while flossing to prevent dislodgement.
- Sensitivity to temperature or pressure may occur. You can try using desensitizing toothpaste, i.e. Sensodyne, if needed and avoid extreme temperatures while eating and drinking.
- Contact our office immediately if:
 - Your bite feels off
 - Your temporaries break or dislodge
 - You have temperature sensitivity that lasts longer than **5-10 seconds**
 - You have spontaneous tooth pain that is waking you up in the middle of the night
- Please note that any time a tooth has a restoration placed in it, your body will illicit an inflammatory response. Each individual response will vary. It can take some people longer for the inflammation to decrease than others. If the decay was close to the nerve, your dentist should have told you. This will increase the risk that this inflammation becomes irreversible or causes the pulp (nerve and blood supply to the tooth) to die off, in which case **root canal therapy** may be needed.
- If your filling was large, your dentist should have informed you. If this is the case, know that large fillings have a higher risk of breaking. If this happens, it is possible that additional treatment may be needed, i.e. a **crown**.
-

Delivery Appointment

- You'll return for your delivery appointment to fit and place your permanent restorations.
- The duration of this visit will vary depending on the number of teeth being treated. Ask your dentist so you can plan accordingly.
- You will be numb for the entire appointment and will remain numb for 2-3 hours after the last injection.
- If both you and your dentist are satisfied with the aesthetics and fit of the restorations, they will be permanently cemented. You'll have the opportunity to view them in a mirror and confirm your approval before providing consent for final placement. It is best to view restorations in both natural and artificial lighting prior to giving your approval.
- *PLEASE NOTE ONCE YOUR RESTORATIONS HAVE BEEN PERMANENTLY CEMENTED, ANY SUBSEQUENT MODIFICATIONS REQUESTED DUE TO PERSONAL PREFERENCE WILL BE THE FINANCIAL RESPONSIBILITY OF THE PATIENT. THIS INCLUDES FULL PAYMENT FOR ANY CORRECTIVE PROCEDURES REQUIRED.*
- If the restorations do not meet our clinical standards or if you're not satisfied with their appearance, they will be sent back to the lab for adjustments or remaking. Temporary restorations will be reinserted to maintain comfort and function during this time. Depending on the scope of the corrections, the revised restorations may take approximately 2-3 weeks to arrive.

- **Post-op care:**
 - Mild soreness in the teeth, gums, jaw, and injection sites for several days is normal after a delivery appointment. If needed, you can take over-the-counter pain medications to help with any discomfort, i.e. ibuprofen or Tylenol.
 - Contact our office immediately if:
 - Your bite feels off
 - You have temperature sensitivity that lasts longer than 5-10 seconds
 - You have spontaneous tooth pain that is waking you up in the middle of the night
 - Please note that any time a tooth has dental work done to it, there is always a risk that a root canal may be needed. If a root canal is necessary, it is the sole financial responsibility of the patient.

WARRANTY

Protect your investment:

- We offer a 5-year limited warranty on all porcelain restorations and a 1- year limited warranty on all composite restorations that include the biting edge of the tooth.

Warranty Eligibility Requirements

- To keep your warranty active, you must:
 - Maintain routine exams, cleanings, and x-rays at least twice per year (or as recommended).
 - Follow all oral hygiene instructions provided by our dental team.
 - Purchase and consistently wear a custom occlusal guard/night guard from our practice.
 - Wear prescribed night guards, retainers, or other appliances as directed.
 - Keep financial accounts with our office in good standing.
 - Notify our office promptly of any issues or discomfort related to the treatment.
 - Avoid habits that compromise dental work such as smoking, nail biting, chewing ice, or using teeth to open objects.
 - Consent to recommended follow-up care, adjustments, or re-evaluations when clinically indicated.

Warranty Exclusions:

- The warranty does not cover:
 - Damage from trauma, accidents, or misuse.
 - Normal wear and tear beyond expected clinical lifespan.
 - Decay or infection under restorations due to poor hygiene or missed appointments.
 - Loss or irreparable damage to removable appliances (i.e. retainers, guards, dentures).
 - Failure to follow post-treatment instructions.
 - Refusal of recommended adjunctive care related to treatment.
 - Treatments performed or altered by another provider outside our practice.

If you have any questions or concerns, please do not hesitate to reach out. We are here to help guide you through your cosmetic dentistry journey! 😊