

Cerec Post-Treatment Instructions

Congratulations! You have just received the finest dental restoration advanced technology has to offer. Your Cerec pressed ceramic restoration has replaced a portion of your tooth that has been damaged over time. With proper care it should provide years and years of service, as though your tooth were virtually re-enameled.

Sensitivity: Mild to moderate sensitivity to temperature is expected following placement of any bonded dental restoration. Typically, this sensitivity gradually diminishes over a period of a few weeks. A very small percentage of bonded ceramic restorations display sensitivity that persists for longer periods of time. If this continues for more than six weeks, please let us know. It could be a sign that your tooth has nerve damage and may require further treatment to alleviate the problem.

Chewing: Avoid chewing hard foods for 24 hours in order to allow the bonding to achieve its maximum strength. Aggressive chewing on such things as ice or hard candy should be avoided at all times.

Your Bite: It is common for your bite to be off-balance after a restoration is placed. We adjust your bite immediately after placing it, however the numb feeling often does not allow for proper refinement of the bite at the time of service. Please contact our office to schedule for an adjustment if needed.

Hygiene Visit: To keep your warranty in effect, visit us for your routine 6 month hygiene visit. Often, small problems that sometimes develop around the restorations can be corrected, if found early. The most often cited reason for failure of any dental restoration is failure to return for routine hygiene visits.

Preventive Procedures:

A: Brush and floss after eating and before bedtime.

B: Rinse vigorously for at least 30 seconds daily with a recommended fluoride rinse product such as Oxyfresh rinse. The best time is just prior to bed.

C: Use a fluoride toothpaste or a toothpaste containing chlorine dioxide such as Oxygene.

You have one of the finest restorations possible in dentistry today. Continuous care and routine dental check-ups will ensure years of fine service.

If you have a dental emergency please call Dr. Oser at (214)924-1114.