

**ANDREA UBHI
YORK**

**Important Information regarding Cosmetic Dental Treatment,
including Porcelain Veneers and Crowns**

We want you to fully understand the proposed treatment, and have prepared this advice sheet to answer any questions you may have forgotten to ask so that you are fully aware of what to expect during your treatment.

Undergoing cosmetic dental treatment is not to be undertaken lightly; it is an irreversible procedure and a significant life event and some people may feel emotional. If you are going through a particularly stressful period in your life, or have recently undergone a significant life event (eg. bereavement, divorce), then it may be advisable to postpone treatment in the short term. Please discuss any concerns confidentially with Dr Ubhi prior to treatment.

What will happen at the preparation appointment?

The first appointment usually takes 2-3 hours. Have a good meal before your appointment. Wear comfortable clothes. If applicable, bring some makeup with you to touch up at the end of the session. During preparation, a small amount of the surface of the tooth is usually removed under local anaesthetic. After impressions, temporary restorations are fabricated, which remain on your teeth until the next appointment.

What will the temporary material feel like?

The temporary material is made of acrylic and may feel slightly rough to the tongue. If adjacent teeth are treated, the temporaries may be joined together between the teeth, and the teeth may feel 'tight'. The temporary material is porous and may stain with heavily coloured food and drink, eg. curries, red wine and black coffee, so try to avoid these if possible. The temporary restorations are bonded using a light adhesive, so they can be removed at the 'fit' appointment, so try and avoid hard foods during the temporary phase.

How to clean the temporary restorations

Brush your teeth as normal. If the temporaries are joined together, you will not be able to floss.

How will my teeth feel after the preparation appointment?

Whenever dental treatment is carried out, there is a risk that inflammation of the dental nerve or gums may occur. This may result in sensitivity or soreness, and will settle within a few days or weeks. It may be necessary to take some painkillers during this period. In a very small proportion of cases the nerve may be damaged and the area may not settle. The risk is increased where there is a history of decay, damage or trauma to the tooth. In these cases it may be necessary for the tooth to have root canal treatment. We refer our endodontic cases to our endodontist who has specialist equipment for root canal treatment. Please be aware that this would incur an additional charge.

All our cosmetic dental restorations are made in America, so there is usually three weeks between the preparation appointment and the fitting of the porcelain restorations. In very rare circumstances there can be unexpected delays, so please allow an additional two or three weeks before significant social events. During this phase it is quite normal to feel anxious and nervous at the prospect of a completely new look. Remember the definitive restorations are made of highly polished porcelain, and will feel smooth to the tongue. The quality of the porcelain is far superior to the acrylic of the temporaries. Porcelain is highly polished, and has superb stain-resistant properties. If you are having cosmetic veneers or crowns placed, these are fitted individually, so you will be able to floss between them.

The fit-appointment

We normally allocate 2-3 hours for the fit of the porcelain restorations. Usually under local anaesthetic the temporary restorations are removed and the new porcelain restorations are bonded in place using the latest dentine-bonding agent for superior strength. This bond can cause sensitivity, sometimes for several weeks. Avoid very hot or cold food and drinks, and use painkillers during this period if necessary. We might place a fluoride varnish and give you a home fluoride kit to treat this. The restorations are contoured and the bite adjusted.

The follow-up appointment:

The following day, or a few days later, your restorations will be reviewed, and any minor adjustments to the bite and contour will be performed.

How long will my restorations last?

This depends on many factors, and they may need replacing for many reasons, including:

1. Decay of the underlying tooth structure.
Therefore it is important to maintain good oral hygiene including flossing and interdental brushing as recommended by the hygienist. Try to reduce the acid and sugar content in your diet, and use a fluoride containing toothpaste and/or mouthwash.
2. Gum disease and recession.
As above, try to maintain oral hygiene and visit the hygienist as appropriate. If you are prone to brushing too hard, which can be a cause of recession of the gums, perhaps change to an electric toothbrush; please feel free to discuss this with the hygienist.
3. Trauma.
Some trauma is obviously unavoidable, however if you participate in contact sports or have a habit of grinding your teeth, then we will provide a mouthguard for you to protect your teeth. Remember not to use any of your teeth to chew pens, tear thread or sticky-tape, open bottles...etc. Porcelain as well as enamel will wear and fracture under abnormal loads.

According to research, restorations are lasting 9-15 years. This is not a guarantee, but gives you an idea of the longevity of your proposed restorations.

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