

Tooth Gem Aftercare Instructions

TOOTH GEM AFTERCARE INSTRUCTIONS

The following aftercare advice is essential to help reduce the risk of treatment complications, improve your comfort/healing, and help achieve the best possible results from treatment.

Immediate Post-Application

Avoid Eating and Drinking: For the first hour after the application, avoid eating or drinking to allow the adhesive to fully set.

No Mouth Rinse: Do not rinse your mouth with any liquid, including water, for the first hour after application.

Oral Hygiene

Regular Brushing: Continue with your regular brushing routine but be gentle around the area where the gem has been applied to avoid dislodging it.

Flossing: Exercise caution while flossing to prevent accidentally removing the gem.

Avoid Abrasive Toothpaste: Do not use whitening or abrasive toothpaste, as it may weaken the adhesive or scratch the gem.

Dietary Guidelines

Avoid Hard Foods: For the first 24 hours, avoid eating hard or sticky foods that could dislodge the gem.

Limit Acidic Foods and Beverages: Foods and drinks high in acid may weaken the adhesive over time. Limit their consumption or rinse your mouth with water after consumption.

General Precautions

No Touching: Do not touch or play with the gem with your fingers or tongue as this may weaken the adhesive.

Regular Dental Check-ups: Continue with your regular dental check-ups and inform your dentist about the tooth gem.

Potential Side Effects

Sensitivity: You may experience some sensitivity around the area where the gem is attached.

Dislodging: In rare cases, the gem may become dislodged and could pose a choking hazard.

What To Do If Gem Becomes Loose or Detaches

If the gem becomes loose or detaches, contact your dental professional for advice. Do not try to reattach the gem yourself.

It is essential that you have read all of the information available. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

Patient Confirmation *

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.