

# Maintaining Cosmetic Dentistry RESPONSIBLY

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## HOW MANY ... composite resins do you place daily? ... porcelain veneer cases do you do weekly? ... whitening cases do you complete monthly?

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According to the American Academy of Cosmetic Dentistry (AACD), tooth whitening has increased 300 percent in the past five years. It would be safe to assume most dental practices today are experiencing the impact of this increased awareness and demand for patients wanting to enhance their smiles. So how might this impact the way patients are preserving their teeth after a healthy investment? Your patients are counting on you, the professional, as the expert to guide them and provide them with the best recommendations for home care based on their wants and needs. If not ... here is what happens when patients go to the store and choose their own oral hygiene products:

- They choose inexpensive commercial products that contain a high percentage of alcohol, dyes and artificial sweeteners. In addition to staining teeth, these products dry out the oral tissues.
- They choose gritty “specialized” toothpastes that are NOT gentle on the enamel (or on their porcelain or composite restorations).
- They choose medium- or hard-bristle

brushes that can cause additional harm to the teeth and periodontal tissues.

According to the Academy of Dental Therapeutics and Stomatology report entitled, Patient Compliance: Strategies for Success, here are just a few of the post-procedure instructions for the care of aesthetic restorations:

- **AVOID** alcohol-containing mouthwashes. Alcohol may soften composite/porcelain bonds.
- **AVOID** using highly abrasive dentifrices.
- Use **ONLY** sodium fluoride in over-the-counter products. Stannous or acidulated phosphate fluorides are not recommended for composite/porcelain.

Let’s not leave home care to guesswork. You are the professional your patients trust to make recommendations that support and protect the investment they are making in their smiles. When it comes to ALL your composite, veneer and whitening cases, your patients deserve the best ... *they deserve OXYFRESH!*