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DENTISTRY

Congratulations! Bite modification therapy will allow you to modify your bite and at the same time achieve the smile you desire, in a process customized by Dr. Daniel. This involves restoring some of your teeth with dental crowns in order to modify your bite. This folder is designed to help you understand each step of your therapy. If at any point you have questions or concerns, please contact any of our treatment coordinators – they will be happy to assist you. Their contact information can be found at the end of this folder.

Daniel Daniel Dentistry

Giving *YOU* a reason to smile!

Appointment 1: Hygiene Therapy Appt (comprehensive cleaning)

When? This appointment will happen immediately after you have decided on Bite Modification Therapy if it hasn't been completed already

How long? Approximately 2 hours

The first step in any of our treatment options is always a thorough hygiene and data collection appointment. This is done by our dental hygienist. The time for this appointment will vary and is dependent on many factors. Your treatment coordinator will give you a good idea of how long you will be here during the initial consultation. The appointment will generally be at least 2 hours but can, depending on the situation, last up to 8 hours.

The hygienist will start with a full mouth series of radiographs (x-rays). Small radiographs of each individual tooth are taken so Dr. Daniel can assess a number of factors pertaining to your health and treatment. This includes verifying bone levels and existing structural conditions, and gathering information that does not appear on the panoramic radiograph taken at your consult.

Following your radiographs, you will have a hygiene appointment, this is what most people refer to as a 'teeth cleaning'. During this appointment, they will also perform a detailed periodontal examination (measuring the gum and attachment levels). For your comfort, you will be offered a very effective topical anesthetic (numbing gel – no needle!). This numbing gel is rubbed onto the gums to prevent discomfort should you have any sensitive areas in your mouth. Daniel Daniel Dentistry had this numbing gel specially made in a pharmacy in New Brunswick and shipped to our office. It makes an incredible difference for those with sensitivities. If you require local anesthetic, this is also available and can be given by our dental hygienist. Our hygienists are extensively trained and will make this appointment as relaxing as possible for you. Pillows, blankets, noise-cancellation headphones, satellite music and digital television are made available for all of your appointments.

Appointment 2: Vision Appointment

When? This appointment generally happens approximately one week after the Hygiene Therapy Appointment. For our clients that are travelling, we can arrange to have this appointment on the same or next day of your Hygiene Appointment

How long? Approximately 1 hour

At this appointment, you will meet with one of our conscientious team members for new photos and impressions (a mold of your teeth). Dr. Daniel will take measurements and specialized impressions, and test the teeth that are being worked on. Not to worry, this is a very comfortable appointment, no anesthetic (needles) are involved. You walk in and walk out exactly the same. However, this is a very important appointment. This is where you and Dr. Daniel discuss the Vision – what you want in your smile. This is the day you would bring in old photos of your smile, or pictures of a smile that appeals to you. You will also discuss the desired size and shape of your teeth (based on your facial features), the shade (based on your skin tone), and what type of smile you are looking for (natural, Hollywood, or something in between). Dr. Daniel may choose to start the bite modification this day as well if your situation requires it. You will have ample opportunity to discuss what you are looking for directly with Dr. Daniel, and he will add his experience in smile design to ensure you get the exact smile that you are looking for. Included in the smile design is the incorporation of “Principles of Smile Design” i.e. what makes smiles look attractive, and natural? It can go beyond just the teeth! Dr. Daniel will analyze the gumline and other features that most people aren’t aware of – the difference is in the details!

As part of this appointment, you will be given an at-home whitening tray and gel for your lower We will also provide custom instructions on how to use them. Before your next appointment, you will whiten your lower teeth to blend in better with your new smile. As well, it is common to receive an anti-bacterial rinse to use at home for the course of treatment. If you require it, you will be given custom instructions on how to use it.

Appointment 3: Quick Cleaning Appointment

When? Approximately 7 days after the vision appointment

How long? Approximately 20 minutes

At this time, you will meet with one of our clinical team members for a Hygiene Appointment to ensure all of the superficial plaque is removed from your teeth. This appointment is important (though quick) to ensure that your gums are in the best possible condition for your next appointment.

Appointment 4: Preparing Your Teeth for Your New Smile

When? Approximately 2 days after the quick cleaning appointment

How long? Approximately 3-4 hours

This is a long appointment so please dress comfortably and be sure to eat a meal before coming. You will be greeted by one of our team members who will walk you through the appointment step by step.

You will then relax with TV or music. We provide digital cable, a wide variety of movies, and over 40 satellite music channels for your convenience. If you are interested in a movie to entertain you throughout the appointment, you will pick it out at this time.

We will begin by giving you some Advil or Tylenol to help minimize sensitivity and soreness both during and after the procedure. You will be given local anesthetic (freezing) and then Dr. Daniel will begin the procedure.

Expect the procedure to be comfortable and painless. If at any time you feel anything at all, lift your hand and we will stop and not continue until you are comfortable.

We will take a photos and impressions at the end of this appointment, and place the temporaries (your temporary teeth) over your reshaped teeth.

You will leave with your temporaries. Your temporaries have been made based on the conversation you had in your **Vision Appointment**. We will NOT be discussing the temporaries at this appointment. It is a long appointment and difficult to assess your smile when your lips are numb from freezing. Most people need a few days to heal and have a really good look at their temporary teeth before coming back to discuss any changes. You will return approximately 3-5 days after your temporaries have been put in. This is when you will share any adjustments you'd like to see regarding size, shape and color.

You will be given a temporary guard at the end of this appointment which **MUST** be worn when sleeping. This guard **CANNOT** be cleaned in warm water. This could warp the shape of the guard. A team member will ensure it fits comfortably and go over cleaning instructions with you.

After this appointment you can expect to be on a soft food diet until your porcelain crowns are placed.*

One of our team members will give you a call the next day to follow up and see how you are doing, and answer any questions you may have. If at any point, you require anything or have any questions, you can reach us at (902) 404-3368 or on our after-hours line at (902) 329-3369.

**See Post Preparation instructions sheet included in this folder.*

Appointment 5: Checking the Temporaries

When? 3-5 days after the **Preparing Your Teeth for Your New Smile** appointment

How long? Approximately 40 minutes

At this time Dr. Daniel will adjust your bite to be more balanced in the temporaries. This just means that he will make sure that all of your teeth are hitting in the right place and that there is no discomfort. He will also smooth any sharp or rough areas. You and Dr. Daniel will then assess the look of your temporaries including the size, shape and color and discussing any changes you'd like to see. If minor, these changes can be made directly to the temporaries. If more complex, these changes will be noted for our dental laboratory. This information is sent to Bob Clark, our dental laboratory technician in California, who will be making your final, new smile. We will also take more photos, these are sent to Bob as well. With this information, our technician will ensure that we make your new smile perfect for you!

Finally, we will review a few techniques in keeping the temporaries clean and remind you of how important it is to be wearing your temporary guard during this process!

Appointment 6: Quick Cleaning appointment – again 😊

(also known as the Pre Delivery Propy)

When? Approximately 7-10 days after the **Checking the Temporaries** appointment

How long? Approximately 20 minutes

At this time, you will meet with one of our clinical team members for a hygiene appointment to ensure all of the superficial plaque is removed from your teeth. This appointment is important (though quick) to ensure that your gums are in the best possible condition for your next appointment.

For clients that travel, with excellent home care of your temporaries we sometimes do not need to have this appointment.

Appointment 7: Delivery of Your New Smile

When? 2 days after the **Quick Cleaning Appointment**

How long? Approximately 3 hours

You will be greeted by one of our team members who will walk you through the appointment step by step. Please dress comfortably and be sure to eat a meal before coming for this appointment.

You will then relax with TV or music. It is a more interactive appointment than the **Preparing Your Teeth for Your New Smile** appointment, so no movie will be offered. Dr. Daniel will need to talk to you at certain points during this appointment, so music or television works best.

We will begin by giving you some Advil or Tylenol to help minimize sensitivity and soreness both during and after the procedure. You will be given local anesthetic (freezing) and Dr. Daniel will begin the procedure.

He will remove the temporaries and try in the new porcelain crowns. He will then cement the porcelain crowns onto your reshaped teeth, and deliver your new smile!

Expect the procedure to be comfortable and painless. If at any time you feel anything at all, lift your hand and we will stop and not continue until you are comfortable.

Again, we will take impressions at the end of this appointment, so we can fabricate a new temporary guard and a new custom night guard.

Like the **Preparing Your Teeth for Your New Smile** appointment, you will be completely numb, so it will be hard to see your beautiful new smile directly after the appointment. We will look at it together at your next appointment.

You will be given a new temporary guard which **MUST** be worn nightly when sleeping. This guard **CANNOT** be cleaned in warm water, this will warp the shape of the guard. A team member will ensure it fits comfortably and go over cleaning instructions with you. You will wear it until your next appointment, where you will be fitted with a professional custom made guard.

One of our team members will give you a call the next day to follow up and see how you are doing, and answer any questions you may have. At any point, if you require anything at all you can reach us at (902) 404-3368 or on our after-hours line at (902) 329-3369.

**See Post Delivery instructions sheet also found in this package.*

Appointment 8: Final Check/ Custom Guard Delivery

When? 1 week after you're the **Delivery of your New Smile** appointment

How long? Approximately 40 minutes.

At this time Dr. Daniel will adjust your bite to be more balanced, and smooth any rough areas. You and Dr. Daniel will then assess your new smile together. Occasionally, minor changes to your porcelain crowns will be made in this appointment should you and Dr. Daniel both agree that they can be improved.

We will also get you to try your new professionally made custom night guard. You will take this home with you at this appointment. Wearing the guard is EXTREMELY important while sleeping (even naps!).

**See Caring for your Custom Guard sheet included in this package.*

Appointment 9: Final Hygiene Therapy appointment

When? This can be on the same day as your **Final Check/Custom Guard Delivery** appointment

How long? Approximately 60 minutes

At this appointment the hygienist will be removing residual cement and smoothing any rough areas. As well, she will review care for your new smile and ideal visits for maintenance of your porcelain crowns.

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DENTISTRY

Congratulations on your first step to your Smile Makeover (Post Preparation Instruction sheet)

Today, we prepared your teeth for a custom smile makeover.

We have placed white plastic temporary crowns over your reshaped teeth. These temps will look like real teeth but they are not! They will feel rough, unlike the smooth porcelain crowns you will be getting.

It is normal for the teeth to ache when the anesthetic wears off. It is also normal for them to ache tonight when you sleep. An Analgesic (pain medication), such as Advil or Tylenol, will help. Taking either every 4 hours or as needed is recommended for the first few days. Starting tomorrow, the teeth will be a little achy, but mostly be sensitive to cold. This will get better every day, and subside in about 1-2 weeks.

Please keep the temporaries as clean as possible- brush them very well, especially along the gumline. Floss all of your teeth as normal. You cannot floss the temporaries as they are connected between the teeth. Because you are unable to floss, we have given you a bottle of Chlorhexadine (it is like Listerine on steroids!). Rinse with it for 30 seconds 3-6 times a day, and spit it out. Do not rinse your mouth out after- let the gums soak it up, it will help keep the gums clean and free of infection.

Please avoid biting into anything! Use a fork and knife, cut everything up and chew on your back teeth. We also recommend soft foods for the next few weeks. Do not eat anything hard, crunchy, or sticky. Avoid gum. If you are careful with the temporaries you will have no problems with them. In the unlikely event you crack or break a piece of the temp, you may return to the office and have it fixed. Please wear the temporary guard we have provided you every time you sleep, even if you are only taking a nap. Also please avoid eating any staining foods such as curry, red wine, blueberries, mustard, etc. as they will stain your temps.

When biting or eating tomorrow, it will feel like your bite is off. This will feel like you hit on the temporary restorations first (it may even feel like the rest of your teeth aren't touching). This will get better every day, and the bite should be back to normal by the time we see you in a few days to assess the temps.

You will return in approximately 3 days, where we will smooth any sharp or rough spots, adjust your bite if necessary, and evaluate the size, shape and colour of the temps.

If you are driving, avoid looking at your smile in the rear-view mirror while driving- accidents may happen if you do not pay attention to the road.

Should you have more questions or concerns, call our office or our after-hours cell: (902) 329-3369

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D E N T I S T R Y

Congratulations on your Smile Makeover! (Post-Delivery Instruction sheet)

Today, we placed your new smile!

It is normal for the teeth to ache when the anesthetic wears off, as well as to ache tonight when you sleep. An analgesic (pain medication), such as Advil or Tylenol, will help. Taking either every 4 hours or as needed is recommended for the first few days. Starting tomorrow, the teeth will still be a little achy, but mostly be sensitive to cold. This will get better every day, and subside in anywhere from 1 to 4 weeks.

Please avoid eating on the crowns for the rest of today – soft foods for tonight. Ease yourself back into a normal diet within the next few days. **AVOID ANY AND ALL WHITENING PRODUCTS – TOOTHPASTE AND RINSES, AS WELL AS ANY PRODUCT CONTAINING BAKING SODA.**

You can brush regularly tonight.

You may floss, however, the gums will be sore, so it is okay to skip flossing tonight and start flossing as normal tomorrow. You no longer need to use the Chlorhexadine (the green liquid) if you were given it.

When biting or eating later today or tomorrow, it will feel like your bite is off. This will feel like you hit on the crowns first when you close or during chewing (it may even feel like the back teeth aren't touching).

This will get better every day, and the bite should be back to normal in about 1 week.

Don't bite into anything hard with your front teeth (example. hard chocolate, hard nuts, carrots, etc.)

You will return in approximately 1 week, where we will smooth any sharp or rough spots, adjust the bite if necessary, and occasionally fine tune the Smile Makeover (Dr. Daniel may make small adjustments to customize your teeth). As well, we will be adjusting and giving you the guard we took impressions for today.

Please wear the temporary guard we have provided every time you sleep, even if you are only taking a nap, until your appointment next week.

If you are driving, avoid looking at your new smile in the rear-view mirror while driving – accidents may happen if you do not pay attention to the road.

Should you have more questions or concerns, call our office or our after-hours cell: (902) 329-3369

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Things to remember about your full coverage guard

Your new guard will take a few days to get used to.

It must be worn every time you are going to sleep - at night and during the day (for naps) as well.

You may take it off in your sleep but please keep wearing it, until it becomes routine and normal. It takes anywhere from a few days to 2 weeks to get used to it.

After wearing it, rinse with cold water, shake it off and place in the case.

Do not use a toothbrush, toothpaste, boiling water or mouthwash to soak your guard. All of these things can ruin your guard.

Bring your guard to each hygiene appointment and we will clean it professionally for you.

Don't store it any place that is too cold. This can break your guard.

Keep away from any animals/pets.

If you have any questions or concerns please contact us!

(902) 404-3368

Frequently Asked Questions:

Will I need to take time off work after my procedures?

- Most of our clients choose to take the **Preparing Your Teeth for Your New Smile** and the **Delivery of Your New Smile** appointment off from work. These are longer appointments and you will be quite frozen for that day.

What does a soft diet include?

- Soft diet will include things such as soups, shakes, rice, potatoes, yogurt, cooked/steamed vegetables, etc. The most important thing to note is that you cannot bite into things that are hard (this includes biting into anything with your front teeth as well! If you have something in mind and are unsure, please avoid it. It's better to be cautious.

How long can I expect to be sensitive? How should my mouth feel? Will I be in pain?

- Once the freezing comes out you will likely experience some sensitivity. This may last just a few hours, or can last the course of treatment. This is normal. Some people experience sensitivity to hot and cold, which eventually goes away.

How will my Temporaries (my temporary teeth) look?

- Your Temporaries will look like real teeth, however they won't feel as natural as your final porcelain veneers. They will feel a bit rougher. Your temporaries are constructed based the **Vision Appointment** you had with Dr. Daniel and generally end up being very close to the look of your final smile. You will have an opportunity to modify the size, shape and colour that you have chosen before you receive your final smile. Very few people will be able to notice that these are temporaries. You will be able to resume normal life the day after your appointment.

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In treating your teeth with dental crowns, occasionally other treatment may become necessary. Other treatments may include; but are not limited to:

- Root Canals
- Extractions
- Implants

These procedures have not been included in the original treatment plan or financial agreement. If they become necessary, there will be fees associated with them in addition to your agreed upon fee for treatment.

Daniel Daniel Dentistry takes great pride in providing you with the most comfortable personal service. If you require any assistance at all please do not hesitate to contact any of our treatment coordinators. We look forward to seeing you soon!!

Sincerely,

[Insert Name]
Hygienist and Treatment Coordinator
[insert email]
[Insert Number]

[Insert Name]
Assistant and Treatment Coordinator
[insert email]
[Insert Number]

[Insert Name]
Administrator and Treatment Coordinator
[insert email]
[Insert Number]

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D E N T I S T R Y

I have my new smile! What now?

How do I maintain my new smile?

One of the most important factors in maintaining your new smile is your **Balance Point** appointment with the hygienists. A Balance Point is the point between infection and health, the time between appointments that your gums remain healthy. The hygienists at Daniel Daniel Dentistry are trained to thoroughly clean around the new porcelain restorations and ensure your mouth is as healthy as possible by taking annual radiographs, periodontal records and oral exams of both hard and soft tissues.

How often should I have a Balance Point appointment?

The hygienist will let you know your Balance Point. For most people with Smile Makeovers this is around 12 weeks. However, this can vary based on the individual. When brushing and flossing at home, your gums should not bleed. If they are bleeding please call us and schedule a Balance Point appointment immediately.

What can I expect at my Balance Point appointment?

At your Balance Point appointment, the hygienist will perform a thoroughly cleaning, ensure radiographs and periodontal exams are up to date and answer any questions you may have. If you have a guard please bring it along to the appointment so it can be professionally cleaned. Dr. Daniel will see you at your next balance point. However, due to scheduling, sometimes this is not possible. If you have any concerns that need Dr. Daniels attention please notify us prior to your appointment.

We are looking forward to seeing your new smile!

Hygiene Coordinators
(902) 404-3368

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Our GUARANTEE OF QUALITY TREATMENT

We are committed to providing you the highest quality dental care available. We unconditionally commit to excellence in all that we do, and will stand behind all porcelain restorations that we perform. We will guarantee our porcelain restorations to function for a minimum of five (5) years. If they crack or break within the first five (5) years, we will replace them at no cost to you. Between the years of five (5) to eight (8), we will replace them for half the fee at the time they are being replaced. This will be honored provided you maintain your recommended hygiene appointments and wear your guard. We cannot be responsible for any complication outside of normal function, such as:

- Accidents
- Trauma to the face, or teeth
- Uncompleted treatment jeopardizing previously completed treatment
- Hygiene at other offices
- NOT WEARING A CLENCHING/GRINDING GUARD IF ONE HAS BEEN RECOMMENDED

In return, we ask that you follow the personalized custom dental treatment plan that we created together. As well as the custom cleaning program after treatment has been completed. Feel free to discuss any concerns that you may have.

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Our Triple Guard Guarantee

We guarantee that after you have completed your Smile Makeover, you will be 100% happy with your results.

That is why we have created our **Triple Guard Guarantee**. We understand that extensive dental work can be a life changing decision that requires trust, comfortability and a significant monetary investment. Choosing the right dental professional is very important. We want you to feel comfortable that you have made the right choice with Daniel Daniel Dentistry.

As such, in the rare event that you are not happy with the results of your Smile Makeover, tell us! We want to know what you are unhappy with and we will re-do that portion (or all) of your smile at **no charge** to you.

If after the second time you are still not 100% happy with your smile, we will remake it again, at **no charge** to you.

If after the third time, you are still not 100% happy with your smile, we will **refund 100% of your money**.

We are completely confident that you are going to LOVE your smile but we want to ensure that you have all of the comfort you need when making this life-changing decision. Our Triple Guard Guarantee ensures this!

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D E N T I S T R Y

Professional Care for Your Porcelain Crowns

Although it is ideal that you return to our office for your future hygiene appointments, we understand that this is not always possible. In the circumstance that you cannot return to our office, we have provided you with specific care instructions for your porcelain crowns. This information is vital to the health and longevity of your porcelain crowns. Please give your dental office our contact information if they have any questions at all. We welcome calls from other dental offices! If possible, it is best to have your dental office contact us prior to your appointment, as some professional procedures that are typically used on natural teeth can actually harm your porcelain crowns. It is imperative that your dental office understands how to care for your new porcelain crowns.

Power polishing equipment, such as the Prophy-Jet[®], which creates a powerful spray of sodium bicarbonate to clean your teeth, is great for natural teeth, but it will roughen the surface of porcelain and make them susceptible to staining. It can damage the finish on the porcelain crowns and you will notice the rapid deterioration in the appearance of your smile.

Regular pumice polish, used routinely by hygienists to remove the plaque and stain from natural teeth, will scratch the porcelain and damage the finish. Hygienists should use a fine diamond polishing paste specifically made for porcelain to polish your crowns. We recommend **Sparkle Paste** made by Pulpdent. Please note that polishing is NOT always necessary, some individuals may NEVER need their porcelain restorations polished. For others it is once every few hygiene appointments. Please polish only IF needed.

Fluoride treatments have to be done carefully. There is a difference between acidulated and neutral fluoride, as far as it affects porcelain work. The acid in acidulated fluoride is hydrofluoric acid, which has the property of etching porcelain. This can damage the finish of your porcelain crowns making them more susceptible to staining. It can also remove the color from some porcelain crowns! If you have any fluoride treatment after porcelain dental work, be sure that the fluoride used is a **neutral fluoride**. It isn't as strong, but it will protect your new smile.

If used incorrectly on porcelain crowns, Ultrasonic scalers can chip and damage the porcelain, especially around the margins (along the gumline, where they connect to the teeth). This will decrease the lifespan of the porcelain teeth.

When cementing the porcelain crowns we often use a special type of cement that does NOT show on radiographs (x rays). This will make it look like your porcelain restorations are not fitted to the teeth on the radiographs. THIS IS NOT THE CASE. We have **thoroughly** checked all crowns at the delivery appointment for fit. This is simply an illusion, and can easily be misconstrued by another dentist. Please have anyone that has a concern contact us directly and we will explain why the radiographs appear this way.

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D E N T I S T R Y

ZOOM! DayWhite Home Whitening Instructions

Congratulations! You have decided to give yourself the gift of a whiter, brighter smile. We will review the following instructions with you. Please feel free to ask us questions at any time.

Please note: It is not necessary to brush your teeth prior to or after whitening. You can expect transient hot/cold sensitivity throughout the entirety of your whitening treatment. This sensitivity will disappear completely when you have completed the whitening.

ZOOM! DayWhite Instructions:

- Twist off the clear plastic cap from the syringe and replace with a mixing nozzle.
- Place a “teardrop” amount on the front surface of each tooth in the tray. *More whitening solution isn’t better, be careful not to use too much.
- Do not push material around with your finger – it will cause gum irritation.
- For your first application, wear the trays for 8 minutes.
- If the teeth are sensitive, reduce time by 1 minute each day, until no longer sensitive. If teeth are not sensitive, increase the time by 1 minute each day, to a maximum of 10 minutes.
- Pull back on the syringe and replace cap on nozzle following application.
- We recommend brushing with Sensodyne toothpaste during the entire whitening process, to help decrease sensitivity.
- After whitening, remove and rinse the trays with cold water (hot water may damage the trays).
- If necessary, use a toothbrush to remove any excess gel from the trays. Rinse your mouth to remove any residual gel, using a toothbrush if necessary.
- Please wear the trays every day until all the gel is used.
- You will get four to seven applications per tube. The entire whitening process takes approximately two to five weeks to complete.
- If you have little sensitivity, you may wear the trays twice a day.
- Maintenance is a must. We recommend three whitening applications (approx. ½ tube) every three months, or a full tube every 6 months to keep your teeth white. It is ideal to follow each hygiene appointment with your whitening maintenance.

If you have any questions or concerns, please call us at 404-3368. HAPPY SMILING!