

Icon (no drill fillings) Post Treatment Care

- Refrain from consuming dark or strongly colored foods and beverages that may stain teeth, for at least 24 hours following treatment. This includes foods like: mustard, soy sauce, grape juice or strongly colored juices, dark colored sodas, coffee, tea, or anything containing artificial coloring
- Wait a minimum of 2 weeks after Icon treatment before using an in-office or at-home bleaching or whitening product. If applied too soon after treatment, at home whitening products may potentially cause white spots to reappear temporarily but should self-correct withing 24-48 hours.
- Care for irritated gums with soft brushing, warm saltwater rinses and eating soft foods. Irritation, if present, will resolve within a few days.
- Sensitivity to cold or extreme temperature changes is common for a few weeks following any dental restoration. Usually, the deeper the cavity, the more sensitive the tooth will be. Ibuprofen (Motrin™, Advil™), Tylenol™ or aspirin work well to alleviate the tenderness. If sensitivity persists beyond a few days or if the sensitivity increases, contact our office.
- The finished restoration may be contoured slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days.
- We will schedule a postop appointment 2 weeks out to ensure the desired outcome has been reached. There is a possibility a second session may be needed.