

## How to Make Cosmetic Dentistry as Stress-Free as Possible



Cosmetic dentistry is becoming increasingly popular, and with good reason. Not only can it help you improve the look of your smile, but it can also help to maintain your oral health in the long run. But while a [Markham cosmetic dentist](#) offers many benefits, there are some complications that come along with it. It's important to be aware of these issues so you can be prepared for them and minimize their impact.

### Dos and Don'ts of Pre-Procedure Care

When preparing for a cosmetic dentistry in Markham procedure, it's important to follow your dentist's instructions carefully. This includes taking any medications that may have been prescribed before the procedure and abstaining from certain activities such as smoking or drinking alcohol for several days prior. Additionally, you should always follow up with your dentist if you experience any pain or discomfort after the procedure has been completed.

### Managing Pain After Procedure

One of the most common complaints after a Markham cosmetic dentist procedure is pain or discomfort. Many procedures involve reshaping teeth and gums, which can cause swelling and soreness in the affected area. To minimize this discomfort, your dentist may recommend over-the-counter pain relievers like ibuprofen or acetaminophen. Additionally, you may be instructed to put ice on the area around your mouth to reduce swelling and inflammation.

It's also important to know when to seek medical attention if necessary. If your pain persists despite at-home remedies, contact your dentist right away or visit an emergency room if needed.

### **Maintaining Oral Hygiene Post Procedure**

After a cosmetic dentistry procedure, it's important to adhere to regular oral hygiene practices such as brushing twice a day and flossing daily in order to maintain good oral health and prevent further complications from occurring. Your dentist may also suggest using an antibacterial mouthwash in order to keep bacteria from building up on newly shaped teeth and gums. ‘

Additionally, make sure that you attend regular checkups with your Markham cosmetic dentist so they can monitor any changes in your mouth after the procedure has been completed.

### **Conclusion**

Cosmetic dentistry procedures offer many advantages such as improving appearance or correcting dental issues related to age or injury; however, there are potential risks involved that should not be taken lightly.

By understanding what steps need to be taken before, during, and after a procedure—such as adhering closely to pre-procedure instructions given by your dentist—you will make sure that the process is as stress free as possible while still achieving excellent results! With proper care and maintenance following a cosmetic dentistry procedure, you will be able to enjoy beautiful results for years down the road!

Contact [Markham 7 Dental](https://markham7dental.com) today to learn more about our cosmetic dentistry clinic.

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