

TOOTH GEM

BEFORE & AFTER CARE



BEFORE

- Avoid high citrus foods/drinks 12 hours prior to your appointment.
- Eat + drink beforehand, as there is a 2 hour wait after application.
- Make sure to properly brush your teeth before arriving for your appointment.

AFTER

- Do not touch or play with your tooth gem with your fingers or tongue.
- Do not eat or drink for 2 hour following application.
- Avoid brushing the tooth gem for 24-48 hours following application.
- Do not use an electric toothbrush for 48 hours after application.
- Avoid chewing hard food for 24-48 hours following application.
- Avoid consuming highly acidic drinks 24-48 hours following application.
- Keep teeth clean to avoid plaque buildup around the tooth gem.

