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## POST-OP INSTRUCTIONS COMPLETE OCCLUSAL ADJUSTMENT

### What to expect following surgery:

- **Sensation:** Increased sensitivity to hot or cold may be noticed on adjusted teeth due to a decrease in enamel thickness
- **Altered Bite:** It is normal to feel like there is less pressure when you bite down. You may find it difficult to grind your teeth. Night time appliances such as sleep apnea appliances, retainers and/or night guards may fit differently due to the reshaping of the chewing surfaces of your teeth.
- **Shifting teeth:** Your bite may feel even for several days after the procedure and then suddenly feel "off". It is normal for teeth to move as your bite stabilizes, resulting in the feeling of one or two teeth being high in the bite. If your bite feels "off" before your scheduled follow up, call LI Sound Dental Solutions to be seen at an earlier date.

### Please call LI Sound Dental Solutions if you experience:

- Severe tooth sensitivity
- Increased headaches
- Increased jaw pain
- Increased neck or back aches
- An uneven bite

*Following these instructions very closely will greatly help your comfort and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort and the success of the procedure may be affected*