



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

Tooth Gem & Charm

Professional Guidelines for Optimal Longevity and Oral Health

Pre/Post Treatment Instructions

Important Information from Tammy Conley, RDA
at DrSkin Plastic Surgery, Regenerative & Medical Spa

Congratulations!

Thank you for choosing DrSkin for your tooth gem or charm application. To ensure optimal results and long-lasting wear, please follow these aftercare instructions carefully: This document has been meticulously crafted to guide you through the post-treatment process, with the goal of ensuring the smoothest possible recovery and achieving the best possible outcomes. It is of paramount importance that you review this information in its entirety and adhere strictly to all provided instructions. Your diligent compliance will significantly contribute to the overall success of your recovery.

Should you have any questions or require further clarification, please do not hesitate to contact Tammy Conley, RDA and the expert medical staff directly at DrSkin Med Spa at **(888) 717-1631**.



IMMEDIATELY AFTER APPLICATION

1. Avoid Contact

Do not touch your tooth gem or charm with fingers, tongue, or objects for at least 24 hours. This allows the adhesive to fully set.

2. No Eating or Drinking

Avoid eating or drinking for 1 hour following your application to support proper bonding.

3. Oral Hygiene Caution

Refrain from brushing the treated area for 24 hours.

- If using an electric toothbrush, do not power it on when brushing near the gem during this period.
- Avoid abrasive toothpastes. Baking soda is a gentle option and safe to use.
- Always be gentle when brushing and flossing near the gem or charm.

DIET & LIFESTYLE CONSIDERATIONS

1. Eat Soft Foods Only

Stick to soft foods for the first 24 hours to prevent any pressure that could dislodge the gem or charm.

2. Minimize Force

Avoid chewing on hard objects like ice, pens, fingernails, or hard candy. These can damage the adhesive or dislodge the charm.

3. Limit Smoking & Alcohol

Excessive alcohol use and smoking can weaken the adhesive over time. Reducing these habits can help prolong the life of your tooth gem or charm.

DAILY ORAL CARE

1. Brush Gently

Use a soft-bristle toothbrush, and clean with care around the gem or charm. Avoid excessive force that could loosen the adhesive.

2. Use Non-Abrasive Toothpaste

Opt for gentle, non-abrasive toothpaste. Abrasive products can damage the adhesive or scratch the gem. Baking soda is a preferred option for gentle cleaning.

3. Floss Mindfully

When flossing near your tooth gem or charm, use a gentle side-to-side motion instead of pulling floss up and down. This helps prevent accidental loosening.



Tammy Conley, RDA's



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LONG-TERM MAINTENANCE

1. Avoid Hard or Sticky Foods

Chewy candy, gum, or crunchy snacks may cause the gem to loosen or detach. Avoid these to protect your results.

2. Maintain Routine Dental Visits

Continue regular checkups with your registered dental professional and inform them that you have a tooth gem or charm so they can monitor its condition.

3. Inspect Periodically

Check your gem or charm in the mirror regularly. If you notice any shifting or lifting, contact your provider for evaluation.

4. No DIY Removal

Never attempt to remove a tooth gem, charm, or adhesive on your own. Always seek assistance from your provider or registered dental professional.

WHAT TO AVOID AT ALL TIMES

- **Picking or Scratching**

Do not pick at or scratch the gem or charm—it can damage your enamel or dislodge the accessory.

- **Biting Hard Objects**

Do not use your tooth gem or charm to bite down on hard surfaces.

- **Forceful Flossing**

Floss with care to avoid disrupting the gem or charm. A gentle approach is essential.

If you experience discomfort, irritation, or issues with your gem or charm, please contact DrSkin Med Spa or registered dental professional for support.

DrSkin Med Spa | (480) 904-3311 | 1458 N Higley Rd, Suite 102, Gilbert, AZ 85234

drskinmedspa.com

