
TIPS FOR PATIENTS WHO HAVE COMPOSITE RESIN BONDING

Restorative cosmetic dentistry is probably one of the best investments that a person can make. We recognize this and know very well that a mouth must be healthy and attractive. Whenever you speak, smile or eat, a clean and beautiful mouth says something loud and clear about you. The following suggestions will help you to insure maximum life and beauty from your bonding.

- Do not chew ice.
- You may feel sensitivity for sometimes after a filling, as long as a few weeks or even months. This is the nature of composite fillings. But the feeling will go away. If it doesn't, it will be reevaluated on subsequent visits.
- Brush normally. Plaque must be removed daily!
- Floss your teeth at least once a day.
- Have your teeth and your mouth examined at least twice a year.
- Make sure that you are not grinding your teeth at night. If you are, we can construct a bite guard to avoid fracturing the bonding and to minimize damage to your bonded teeth as well as the jaw joint.
- Do not bite your fingernails! The force can crack the bonding.
- Do not try out your new teeth too soon. Go on a soft diet for the first 24 hours. It generally takes about a day for many materials to attain their full strength.
- To prevent staining try to avoid or keep to a minimum coffee, tea, soy sauce, colas, grape juice, blueberries and fresh cherries. And **DO NOT SMOKE!**
- To prevent fracture, avoid directly biting with front bonded teeth into the following foods: ribs, bones (fried chicken, lamb chops, etc.), hard candy, apples, carrots, nuts, hard rolls or bagels. Also, try to avoid sugar because acids produced by sugar can attack the junction between tooth and restoration and cause stains and premature loss of the bonding.