

## **Following Placement of Bonded Tooth-Colored Fillings**

- Do NOT chew ice!
- Brush normally. Plaque must be removed daily. Floss teeth at least once daily.
- Have your teeth cleaned regularly. Be certain that your hygienist is aware of your bonded tooth or teeth and avoids using ultrasonic scaling on the bonded tooth surfaces.
- Make sure you are not grinding your teeth at night. If you are, we will need to construct a bite guard to avoid fracturing the bonding and to minimize damage to your bonded teeth as well as your temporomandibular joint (TMJ).
- Don't bite your fingernails! The force of biting them can crack the bonding.
- Don't pick at a newly bonded tooth with your fingernail. You could de-bond the restoration or shorten its lifespan. If you feel a rough edge with your tongue, we will refinish the edge.
- Don't try your new teeth out too soon. Eat a soft diet for the first twenty-four hours. It generally takes about a day for the materials to harden and cure completely.
- To prevent staining, try to avoid or keep to a minimum your intake of coffee, tea, soy sauce, colas, grape juice, blueberries, fresh cherries, and do not smoke.
- To prevent fracture, avoid directly biting with bonded teeth into the following foods: ribs, bones, hard candy, apples, carrots, nuts, hard rolls, hard bread, bagels, or artichokes.
- Try to avoid sugar, because acids produced by sugar can attack the junction between tooth and restoration causing stains and premature loss of the bonded restoration.

**If any unusual symptoms occur or if you have any questions regarding your post-treatment care, please call the office.**