

## CARE INSTRUCTIONS FOR TOOTH-COLORED RESTORATIONS

We have placed tooth-colored restorations in your teeth. The resin material used is a plastic with small “filler” particles of glass-like material - the finest and most up-to-date materials available today. These restorations will serve you well for several years. However, you should be aware of the following:

**Chewing.** As with natural teeth, avoid chewing excessively hard foods on the restored teeth (hard candy, ice, raw carrots, bones, etc.) because extreme force can cause the resin material to break off from the tooth - just as it can in a natural tooth. In the event that a breakage does occur, replacement of a restoration is not difficult.

**Recalls.** Visit us at regular six-month examination periods. Often problems that are developing around the restorations can be detected at an early stage and repaired easily. Waiting a longer time may require redoing the entire restoration. This will void the warranty, i.e. if you do not visit us at regular six-month examination periods to inspect the restorations, we cannot warrant their condition.

**Preventative Procedures.** To provide optimum longevity for your restorations and to prevent future dental decay and supporting tissue breakdown, please brush and floss after eating and before bedtime. We do recommend you swish vigorously with mouthwash for at least 30 seconds daily.

Please call us if you notice any change in your tooth-colored restorations, or if you have any questions at all about them.