

Congratulations! You have just received the most up-to-date, state of the art composite resin bonding or veneer treatment. To insure maximum beauty and longevity, we suggest that you follow the following recommendations:

1. Brush with an ultra-**soft toothbrush at least 2 times a day. Floss at least once a day**, preferably before bedtime. This will reduce the risk of decay recurring around the bonding margins and will help to keep your gum tissue healthy and at the same level as it currently rests.
2. As with our natural teeth, the bonded material can pick up **stains**. Try to avoid or keep to a minimum the following:

-tobacco -coffee / tea -red wine -soy sauce
-curry -tomato sauce -colas -blueberries

Routine dental cleanings will usually remove stains. Do not use baking soda or any abrasive toothpaste. The toothpaste most recommended to keep the shine and luster of composite bonding is "plain" CREST toothpaste as it is low in added abrasives.

3. **Biting stresses** on bonded teeth will increase the risk of fracture and need for repairs. The following should be avoided using your teeth:

-opening packages -biting thread -chewing ice
-nail biting -pencil biting -pipe smoking

Be aware that certain foods such as spare ribs, chicken wings, corn on the cob, raw carrots and apples, hard candy, nuts or hard bread and rolls also puts added stress on bonded teeth. and possibly increases the need for repairs. Most kinds of sandwiches are not a problem.

Patients who may **grind or clench** their teeth (either during daytime activities or at night) will increase the likelihood of chipping the edges of the bonded resin or veneers. A protective bite guard appliance should be worn to absorb the stresses and protect the bonding.

4. Do not rinse routinely with **mouthwashes**, as they are high in alcohol. Alcohol softens bonding and weakens the bond of porcelain. If mouthwash is desired, a solution of ½ hydrogen peroxide and ½ water could be used or select a non-alcohol containing mouthwash.
5. If a chip or fracture does occur, it frequently requires only a simple renewal using the same material. It is a short appointment and the fee is similar to that for a restoration (filling) for a front tooth.
6. How long the bonding lasts depends on many things. It's a lot like getting a new set of tires. How long they last depends on the quality of the tire, the type of road surfaces travelled, the way you drive and how many miles you drive in a year. In the same manner, longevity of your bonding / veneers depends on your habits, diet and how much stress is placed on your front teeth.
7. Since your cosmetic bonding is accomplished in a single office visit, your teeth may feel different to your lips and tongue when you first close your mouth. This is normal and to be expected when changes have been made to the shape and size of the teeth. Sometimes, your speech may change or be affected in the beginning until your tongue adapts to the changes. Even though the changes are slight, (measurable only in millimeters), your mouth is extremely sensitive and will exaggerate those feelings at first. Usually, after a couple of days the feelings lessen and your mouth will feel normal again.

We hope these recommendations will help you enjoy your new smile!