



LAURENCE H. STONE, D.D.S.

COSMETIC & GENERAL DENTISTRY

For the smiles of your life.

TIPS FOR PATIENTS WHO HAVE COMPOSITE RESIN BONDING

1. Do not chew on ice.
2. Brush normally. Plaque must be removed daily.
3. Floss teeth at least once a day, but pull floss out horizontally, not vertically.
4. Have your teeth cleaned at least three or four times yearly. Be certain that the hygienist is aware of your bonded tooth or teeth and avoids using ultrasonic scaling on the bonded surfaces.
5. Make sure you are not grinding your teeth at night. If you are, ask us to construct a bite guard to avoid fracturing the bonding and to minimize damage to your bonded teeth as well as your temporomandibular joints (jaw joints).
6. Don't bite your fingernails! The force can crack the bonding.
7. Don't pick at a newly bonded tooth with your fingernail. If you feel a rough edge with your tongue, return to your dentist and have the edge properly refinished.
8. Don't try your new teeth out too soon. Go on a soft diet for the first twenty-four hours. It generally takes about a day for many of the materials to harden fully.
9. To prevent staining, try to avoid or keep to a minimum coffee, tea, soy sauce, colas, grape juice, blueberries and fresh cherries. Do not smoke!
10. To prevent fracture, avoid directly biting, with bonded front teeth, into the following foods: ribs, bones (fried chicken, lamb chops, etc.), hard candy, apples, carrots, nuts, hard rolls, hard breads, 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 bonded restoration.
11. Do not use any bleaching or lightening products on your teeth for at least 48 hours after your visit. Also - be aware that using any whitening products on your teeth will not whiten tooth-colored fillings or porcelain crowns. You will need to have them replaced to match your lighter-colored teeth!

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