



Instructions For Care of Cosmetic Bonding

Instructions to insure maximum beauty and longevity:

1. Always brush using a polishing toothpaste with fluoride (ie. Opalescence or Rembrandt). Avoid toothpastes and mouthwashes with tartar control, as they can degrade the bonding material.
2. As with your natural teeth, the bonded material can absorb stains: try to avoid or keep to minimum tobacco, coffee, tea, soy sauce, curry, colas, grape juice, blueberries and red wine. If they do stain, routine dental cleanings will usually remove the stains. Do not use baking soda or any abrasive toothpaste.
3. Use caution when biting into hard foods:
Some examples: Very crusty breads and bagels
Fried chicken or other meats with a bone. (When you bite into a food like that you risk hitting the bone and chipping your bonded tooth)
Peaches and other stone fruits, the fruit is soft but the pit can do the damage
Of course you can eat all of these foods, just use caution when doing so!
4. Habits such as opening packages with your teeth, biting thread, chewing ice, nail biting or pipe smoking should be avoided.
5. If a chip or fracture does occur, the area can usually be renewed using the same material. It is short appointment and the fee is similar to that for a restoration for a front tooth.
6. How long bonding lasts depends on many things. It is a lot like getting a new set of tires. How long they last depends on the quality of the tire, the road surface traveled, the way you drive and how many miles you drive in a year. In the same manner, the longevity of your veneers depends on your habits and how much stress is placed on the front teeth.
7. Since your cosmetic bonding is accomplished in a single office visit, your teeth will 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 your 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 feeling lessens and your mouth all feels normal again.