COMPOSITE RESIN BONDINGS AND VENEERS:

In an attempt to ensure maximum beauty and longevity of your composite resin bondings or veneers, please follow these recommendations:

**ORAL HYGIENE:**
Brush with a soft toothbrush at least 2 times a day. Floss at least once a day, preferably before bedtime. Do NOT rinse routinely with alcohol containing mouthwashes such as Listerine since alcohol can soften bonded composite resin. If use of a mouthwash is desired, select a non-alcohol containing product such as Crest Pro-Health Rinse.

**FLUORIDE:**
If use of a home fluoride rinse is desired, use a sodium fluoride rinse such as ACT. Stannous fluoride or acidulated phosphate fluoride is NOT recommended for patients with composite resin restorations.

**STAINING:**
Similar to your natural teeth, the bonded material can pick up stains. Therefore, please try to avoid or minimize consumption of tobacco, coffee, tea, red wine, soy sauce, curry, colas, grape juice, and blueberries. Routine dental cleanings will usually remove most stains. Do NOT use baking soda or abrasive toothpastes.

**INITIAL SENSATIONS:**
Since your cosmetic bonding is typically accomplished in a single office visit, your teeth will feel different to your lips and tongue when you first close your mouth, and your speech may initially be affected. These feelings are normal and to be expected when changes have been made to the shape and size of your teeth. Patients typically acclimate to their new composite resin bondings or veneers within a few days.

**DIET & ORAL HABITS:**
Avoid habits such as opening packages with your teeth, biting thread, chewing ice, nail biting, and pipe smoking. Avoid biting directly into ribs, bones, popcorn kernels, hard candy, nuts, corn on the cob, hard bread or rolls, apples, and carrots. These activities and foods place added stress on the bonded teeth and may result in fracture of the composite resin and the need for repairs.

**REPAIRS:**
If a chip or fracture does occur, the bonding or veneer can usually be renewed using the same material. This typically only requires a short appointment and the fee is similar to that for a small restoration on a front tooth.

**PROTECTION:**
If you clench or grind your teeth, you will require a “nightguard” to protect your teeth and composite resin bondings from the damaging forces characteristic of this stress induced habit.

**TREATMENT ALTERNATIVES:**
Porcelain veneers are an excellent alternative to composite resin bondings and veneers due to their better stain resistance, higher strength, and superior esthetics. Porcelain restorations are also more expensive than composite resin restorations, but are a better long-term investment to solve cosmetic and functional problems related to front teeth in adult patients.