

## Composite Restorations (Tooth-Colored)

We have restored your teeth with tooth-colored materials. The resin (plastic) material used contains small “filler” particles of glass-like material for strength and wear resistance. These restorations will serve you well for several years. However, you should be aware of the following information about your new restorations:

**Chewing:** Natural teeth can be broken with heavy force, such as chewing hard objects. As with natural unrestored teeth, avoid chewing excessively hard foods (hard candy, corn nuts, ice, bones, etc.) because the resin material can be broken from the tooth with extreme force. If breakage occurs, replacement of the restoration will be needed.

**Maintenance:** Visit us at regular, six-month intervals. Often, small problems that develop around the restorations can be detected at an early stage and repaired easily. Waiting for a longer time may require redoing the entire restoration. We will contact you when it is time for your cleaning and check-up appointment.

**Preventive Procedures:** To provide optimum longevity for your restorations and to prevent future dental decay and supporting tissue breakdown, please use the following preventive procedures that are checked:

- o Brush and floss after eating and before bedtime.
- o Swish vigorously for at least 30 seconds daily with one of the following products: Colgate Fluorigard or Johnson & Johnson Act (0.05 percent neutral sodium fluoride). The best time is immediately before bedtime.
- o Use a 1.1 percent neutral sodium fluoride, Colgate PreviDent. (This product requires a prescription from us and a special tray for fluoride application.)
- o Use a Water Pik.

We expect you to receive several years of service from these restorations. However, after a service period of many years, we have seen the following unavoidable situations occur, which may require restoration replacement at a future time:

1. Slight stains occur at locations around juncture of the tooth restoration. Please tell us if this condition occurs.
2. Slight chipping around the juncture of the tooth and restoration.
3. The gums (gingiva) may shrink from the restorations, displaying an unfavorable appearance underneath.

We have done our best to provide you with the finest quality restorations. However, only your continuing care and concern can assure optimum service longevity.