



# Resin Restorations

## “Tooth -Colored Fillings”

We have placed tooth-colored restorations in your teeth. The resin material used is a plastic with small “filler” particles of glass-like material---the finest and most up to date materials available today. These restorations will serve you well for several years; however, you should be aware of the following.

**Chewing.** Teeth that have been restored with resin material can be chewed on immediately, this material is cured and hardened before you leave our office. Avoid chewing excessively hard foods on the restored teeth ( hard candy, ice, popcorn kernels, etc.) because extreme force can cause the resin material to be broken from the tooth - just as it can in a natural tooth. In the event that a resin breakage occurs, replacement of a restoration is not a difficult procedure, if detected and treated immediately.

**Exams Twice Yearly.** Visit us at regular six-month examination periods. These exams are important because problems that are developing around the restorations can be detected at an early stage can often be repaired easily. Waiting a longer time may require redoing the entire restoration at your expense.

**Preventive Procedures.** Six month examinations are essential to maintain your good dental health and preserve your restorations. To provide optimum longevity for your restorations, please brush and floss after eating and before bedtime. We do recommend that you swish vigorously with mouthwash for at least 30 seconds daily.

**Possible side effects:** If any of the following is a concern, please call for advice.

- A.) It is not uncommon for your tooth to be sensitive to temperature changes, but any discomfort should gradually dissipate.
- B.) If your teeth don't come together as they should or you have problems biting down normally, please call for evaluation of your bite.
- C.) If you have any rough or sharp edges, call so we can smooth them.
- D.) If a space between your teeth allows food to get trapped or caught, we should attend to it promptly.

Please call our office if you notice any change in your tooth-colored restoration, or if any of the above side effects concern you. We always welcome your questions or concerns regarding your care at our office.