

# Tips for Patients With Bonding

...and a desire to protect their front teeth.

These suggestions will also help preserve *any* teeth with dental restorations (even your own natural teeth).

If you have adhesively bonded fillings or restorations in any teeth or other restorations such as such as:

- Cerec restorations
- Porcelain veneers
- Crowns
- Provisional crowns
- Temporary fillings

these tips might help.

## General Tips

- ◆ Don't chew *ice*
- ◆ Nuts can also be a problem for some people
- ◆ Brush and floss—plaque must be removed daily
- ◆ If you have a provisional acrylic or temporary crown, pull floss out horizontally, not vertically

## Front teeth

- ◆ Don't ever put force directly onto a single tooth. It might fracture.
- ◆ So, please do not bite your fingernails, plastic packets, the top of your pen or a bobby pin.
- ◆ Other culprits include: pork crackling or beef ribs, meat on bones (fried chicken, lamb chops), boiled lollies, raw carrot, hard nuts (or hard chocolate), and crusts on hard bread.



## Tips to preserve teeth, *continued*

- If your tooth feels uncomfortable, try not to pick at a newly bonded area with your fingernails—please call us immediately and we'll smooth and adjust the restoration. The adhesive we use is clear/colourless and occasionally teeth or new restorations benefit from polishing after a week in function.
- Resin bonding can stain. To reduce or even prevent staining try to avoid foods with a lot of colour: things like large quantities of coffee or tea, soy sauce, colas, grape juice, blueberries, fresh cherries.
- If you experience a lot of staining, you can opt for more frequent professional polishing for your teeth—please ask our friendly staff to organise this for you.
- And do not smoke. Seriously—it's terrible for your health, and stains your teeth.
- To prevent fracture of bonded teeth, avoid direct pressure through biting, especially of food like beef ribs, bones (fried chicken, lamb chops), boiled sweets and lollies, uncooked carrots, nuts, hard rolls or crusty bread.
- Also try to avoid lots of sugar, because acids produced by sugar can attack the junction between tooth and restoration and cause stains and premature loss of the bonded restoration.
- If you must chew pens, electrical wire, or other extraneous junk, please ask for our fabulous offer of a free pair of pliers—and use them instead of your teeth—please!

**Free pliers—just ask!**



- If you grind or clench your teeth you risk damaging adhesive restorations and ceramic/porcelain surfaces. This can be a habit during the day, or something you are not aware of doing while when you sleep. Perhaps consider a bite-guard/occlusal splint.

**You can have a bite-guard (also called a night splint or an occlusal splint) made to protect bonded ceramic surfaces and minimize damage to your natural teeth as well as your temporomandibular joints. Please ask for more information—it might save you from having more dental treatment or even from losing a tooth.**



Occlusal Splints Save Teeth

**If you have any questions please call straight away—4869 3111•[help@MossValeDental.com.au](mailto:help@MossValeDental.com.au)**