

## Composites

# Tooth-Colored Resin Fillings

You have just had a tooth-colored composite resin restoration (filling) placed. The resin materials used are a plastic with small filler particles of glass-like materials. They are the finest and most up-to-date filling materials and will serve you well for several years if you will observe the following suggestions.

**Preventive Procedures:** To provide optimum longevity for your restorations and prevent future dental decay and gum disease, please use the following preventative procedures.

-Brush at least TWICE daily for at least TWO minutes. We recommend using a "pea sized" amount of fluoride toothpaste as well.

-Use only soft or extra soft bristle toothbrushes, like Oral-B, or the Braun Triumph (or other Braun electric brush with "floss action" heads) toothbrush.

-Use FLOSS, bridge cleaners or SuperFloss daily.

-If recommended, swish vigorously with 0.2% neutral sodium fluoride daily before bedtime.

**Follow-Up Visits:** Visit us at regular 3, 4, or 6 month examination periods. Often problems developing around the restorations can be detected at an early stage & repaired easily.

**Sensitivity:** All resin fillings may exhibit sensitivity to biting pressure and often to hot and cold foods. This is very normal and doesn't mean there is a problem. This sensitivity will gradually subside and disappear over a few days, weeks, or months.

**Eating/Chewing:** As with natural teeth, avoid chewing excessively hard foods on the restored teeth (hard candy, ice, bones, etc.), because the resin material can be broken from the tooth with extreme force. Do not chew hard foods on the restorations for 24 hours from the time they were placed.

**The Future:** We have done our best to provide you with the *finest quality restorations* available today. However, as with all non-gold restorations, the longevity of fillings is about 5 to 10 years.

If you have any questions about today's treatment, please call them at: 202-244-1601.