



Instructions and Expectations for Your Anterior Bonding/Filling

Oral Hygiene:

- Continue with your regular oral hygiene routine. Brush your teeth gently twice a day and floss daily to keep the area clean.

Diet:

- Your new bonding/filling is cured all the way through, so you are good to eat and drink right away. However, you will now have new eating restrictions from here on out.

Avoid Using the Filled Tooth as a Tool:

- Consider your new bonding a "**Jewel**" not a "**tool**".
- Avoid biting directly into anything with the bonded tooth to avoid risk of chip or break.
- You are now part of "The Knife and Fork Club"!
- Do not bite into hard or crunchy food that can chip the resin such as nuts, hard candy, and pretzels.
- Foods like apples, celery, steak, jerky etc. you will need to cut them up (*with a knife and fork*) and chew with your back teeth.
- Teeth are made for food; leave non-eating activities such as opening packages, popping bottles, or removing tags from clothing to tools made for those purposes. The same rule applies to common bad habits such as biting nails and chewing pens.

Bite Adjustment:

- If your bite feels uneven or if you experience discomfort when biting down, contact your dentist. An adjustment may be necessary.

Initial Sensitivity:

- Some sensitivity to hot and cold is normal after the procedure. This should gradually decrease over a few days.

Functionality:

- The filled tooth should function like a natural tooth. You should be able to eat, speak, and smile confidently.

Longevity:

- With proper care, the filling can last many years. However, Dental bonding is not as strong as your natural tooth structure. The bonding can be worn down over time (this is a gradual process that usually takes years).
 - Although, chips and other damage can happen accidentally, and bonding can become damaged outright in a single bite.
- If the bonding is to come out, we will replace it once at no cost, up to a year from first placement. After the first time any replacement is a full out of pocket charge.

Follow-Up:

- Attend any scheduled follow-up appointments to ensure the bonding is intact and to address any concerns.

****** We cannot guarantee that the bonding will last long term. If bonding is to come out/break multiple times we will further discuss other restorative options. ******