



Instructions after your new Class V Bonding

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.

Initial Sensitivity:

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

Appearance:

- The filling was placed at the gumline where there was recession, and a small "divot" was visible. This area is now filled in and flush with your gums.

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 and become dislodged if you grind or clench your teeth.
 - You may need to wear an occlusal guard to protect and cushion your teeth against the damaging effects of this unconscious behavior.
 - If the bonding is to come out, we will replace it once at no cost, up to a year from first placement.

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. ******