



LITTLETON  
Family Dental

## Tooth-Colored Restorations

We have restored one or more of your teeth with tooth-colored materials. The resin (composite) material used contains small "filler" particles for strength and wear resistance. These restorations will serve you well for several years. They contain the finest and most up-to-date materials available today. Please be aware of the following information about your new restorations:

**Chewing:** Avoid chewing excessively hard foods such as hard candy, corn nuts, ice, bones, etc., because the resin material can be broken from the tooth with extreme force. If breakage occurs, replacement of the restoration is not difficult.

**Recall Visits:** Professional six-month examinations are necessary. Developing problems can be detected at an early stage and repaired easily. Waiting for a longer time may require redoing the entire restoration. We will contact you when it is time for your recall appointment.

**Preventive Procedures:** To provide optimum longevity for your restorations and to prevent future dental decay and supporting tissue breakdown, please use the following checked preventive procedures:

- a. Brush with a fluoride-containing toothpaste after meals, and clean your teeth with floss at least once a day.
- b. Swish vigorously for 30 seconds daily with a fluoride-containing rinse available from many stores without a prescription. Use the rinse before bedtime.
- c. Use a Water Pik as directed
- d. Use 1.1% neutral sodium fluoride as a brush-on material. These products require a prescription from us.
- e. Use a mechanical toothbrush.

**The Future:** We expect several years of service from these restorations. However, after a service period of years, we have seen the following situations occur

- a. Slight stains may occur at locations around the juncture of the tooth restoration and the tooth. Often, we can remove these stains without redoing the restoration.
- b. Slight chipping at the juncture of the tooth and restoration. Usually these chips can be smoothed by us.
- c. The gums (gingiva) may shrink from the restorations, displaying an unfavorable appearance underneath. This condition may require remaking the restoration or modifying the gums.

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