

## **Caring for your new Posterior Resin**

Congratulations on your new bonded tooth colored restoration. Unlike amalgams (silver fillings) these restorations are chemically bonded to your tooth. This bond acts to strengthen your tooth vs. weaken it with a traditional silver filling. With proper care you can expect many years of service.

**SENSITIVITY**- It is not uncommon to experience sensitivity to cold for a short time after the restoration(s) is placed. Remember, the more teeth we work on and the deeper the decay the greater this sensitivity will be. It may last days or weeks. If this continues longer it may be that a bite adjustment is required.

**CHEWING**- You are able to chew normally on your tooth right away. Use your new tooth as you would a natural tooth, being careful to avoid hard objects.

**HOME CARE**- It is extremely important to clean your filled tooth more thoroughly than your own natural tooth. This means brushing twice a day and flossing once a day. Remember you can still get a cavity on the edges of the restoration. If you were placed on a **prescription fluoride** it is important to use it nightly forever. This will dramatically reduce the rate of re-decay.

**RECALL VISITS TO OUR OFFICE**- Make sure you see us at least twice a year for your check-up and cleanings so we can keep a close eye on your restoration.

**THE FUTURE**-By adhering to the above you can expect many years of service from your new restoration.

**ANY QUESTIONS?** Call me at the office any time 973-895-7995