

Fillings Post-Operative Care

We have restored one or more of your teeth with resin composite. This material contains small “filler” particles of glass-like material for strength and wear resistance. These restorations will serve you well for many 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. These foods are also bad for normal, healthy teeth.

Check-ups: 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 six-month check-up.

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

- Brush with a fluoride-containing toothpaste after meals, and floss at least once a day.
- Floss once daily.
- Swish vigorously for 30 seconds daily with a fluoride rinse, such as Johnson & Johnson ACT. The best time is immediately before bedtime.
- Use an electric toothbrush.
- Use 1.1% neutral sodium fluoride as a brush-on material. This product requires a prescription from us.

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

- Slight stains may occur at locations around the juncture of the tooth restoration. Often we can remove these stains.
- Slight chipping at the juncture of the tooth and restoration. Usually, we can smooth these chips out without having to redo the restoration.
- The gums may shrink from the restorations, displaying an unfavorable appearance underneath. This condition may require remaking the restoration or modifying the gums.

If you have any questions, please call our office at 620-663-9119.