

Care Instructions for Your New Anterior Tooth Restoration

Your tooth has now been restored using the most up to date composite resin material available. Your cosmetic bonding has been accomplished with Inspiro.

To ensure maximum beauty and longevity for this composite restoration, please try to follow these guidelines below:

1. Brush with a soft toothbrush at least twice a day and floss between all teeth once a day. (Composites accumulate more plaque than porcelain).
2. As with your natural teeth, the composite material can pick up stains so please try to avoid or keep to a minimum tobacco, coffee, tea, soy sauce, curry, colas, grape juice, blueberries or red wine. Routine dental cleanings (and further polishing) will usually remove stains. Do not use baking soda or any abrasive toothpastes on your composite. The toothpastes we recommend for composites are: Regular "paste" toothpastes like Colgate, Oral B, Macleans, rather than the "gel" toothpastes. Please avoid using whitening or smokers toothpastes, which are quite abrasive.
3. Do not rinse routinely with mouthwashes, as they may be high in alcohol. Alcohol softens composite and weakens the bond to the tooth. If a mouthwash is desired, please select a non-alcohol containing mouthwash.
4. Sodium fluoride is the only home fluoride that should be used. High concentration Stannous fluoride or acidulated phosphate fluorides are not recommended for composite resin bonding. Neutrafluor is a sodium fluoride rinse and can be recommended for home use. Tooth Mousse is also very safe to use.
5. Habits such as opening packages with your teeth, biting thread, chewing ice, nail biting or pipe smoking should be avoided. Avoid direct biting into ribs, bones, hard candy, nuts or hard bread and rolls. This puts stress on the material and could result in a fracture. Most kinds of fruit and sandwiches are not a problem.
6. If a chip or fracture does occur, it may require only a simple renewal using more bonded composite. This would involve a short appointment and the fee is similar to that for a small restoration for a front tooth. A more significant fracture may require the composite to be replaced in full.
7. How long your composite restoration lasts will depend on many things. It is a lot like getting a new set of tyres for your car. How long the tyres last will depend on the type of road surface travelled, the way you drive and how many kilometres you drive a year. In the same manner, the longevity of your restoration will depend on your cleaning and dietary habits and how much stress is placed on the front teeth.
8. If this restoration is one of many we have placed for you, please be sure to return to see us once each year (in addition to your six monthly check-ups with your general dentist) to allow us to check, clean and polish your restorations, to ensure you get the best possible service from them.