

# Care Instructions for Composite Resin Veneers and Composite Build-ups

**Date Completed:**

**Teeth Restored:**

**Composite Material:**

Your teeth have just been restored with the latest in composite resin materials. Composite resin is a reinforced, methacrylate-based plastic that is tough and durable over the short to midterm. A dental adhesive has been used to glue the composite onto the teeth, and to achieve a water-tight seal. Composite restorations will tend to last an average of seven to ten years with some restorations needing replacement sooner, and some lasting much longer depending on diet and how well they are maintained. In the unlikely event that your restoration requires replacement in the first two years, this would suggest a possible fault in the bonding process, and we would repair or replace this for you at no out of pocket cost.

Your composite restoration is light activated and thus is fully cured when you leave our practice. As such, you may eat or drink immediately, but please be careful not to injure your lips, cheek or tongue if you are still numb from the anaesthetic. Your composite may appear slightly uneven or even dark in colour. Please do not worry as this is a normal artefact subsequent to a long appointment. It will look better after 24 hours.

It is common to notice the teeth are a little bit sensitive for a few days after the procedure, and the gum local to the area may also be a little tender. This should quickly pass, though please do not hesitate to contact us if any symptoms persist for more than a few weeks.

You should care for your new restorations just as you would your natural teeth, by brushing and flossing daily. Regular cleaning will preserve the life of these materials. If your diet is high in coloured or acidic foods (soft drinks, wine, coffee, tea, curries etc.) then you may see your composites dulling or discolouring sooner. Regular check-up appointments are advised, and the restorations should be periodically polished by us to maintain their shine and durability. We will arrange an annual review, clean and polish appointment to assist in this maintenance, though you should also maintain your regular six monthly check-up and cleaning appointments with your general dentist.

Some points which may assist in the care of your new composites:

- As with your natural teeth, the composite material can pick up stains: try to avoid or keep to a minimum tobacco, coffee, tea, soy sauce, curry, colas, grape juice, blueberries or red wine. Routine dental cleanings will usually remove stains. Do not use baking soda or any abrasive toothpaste. The toothpastes we recommend for composite veneers are: Regular "paste" toothpastes like Colgate rather than the "gel" toothpastes. Please avoid using whitening or smokers toothpastes, which are quite abrasive.
- Do not rinse routinely with mouthwashes, as they are high in alcohol. Alcohol softens the composite material and its bonding to the tooth. If mouthwash is desired, select a non-alcohol containing mouthwash.
- Sodium fluoride is the only home fluoride that should be used. Concentrated Stannous fluoride or acidulated phosphate fluoride are not recommended for composite resin bonding. Neutraflour is a sodium fluoride rinse and can be recommended for home use. Tooth Mousse is also safe to use.

# perfect smiles

- Habits such as opening packages with your teeth, biting thread, chewing ice, nail biting or pipe smoking should be avoided. Avoid directly biting into ribs, bones, hard candy, nuts or hard bread and rolls. This puts stress on the material and could result in a fracture or possibly increase the need for repairs. Most kinds of sandwiches and fruit are not a problem.
- If a chip or fracture does occur, it may require only a simple renewal using more composite. This would involve a short appointment and the fee is similar to that for a small restoration for a front tooth. More significant fractures may require the veneer to be replaced in full.
- How long bonding lasts will depend on many things. It is a lot like getting a new set of tyres for your car. How long they last will depend on the type of road surface travelled, the way you drive and how many kilometres you drive in a year. In the same manner, the longevity of your veneer depends on your habits and how much stress is placed on the front teeth.

Since your veneers have been placed in a single visit, your teeth will feel different to your lips and tongue when you first close your mouth. This is normal and to be expected when changes have been made to the shape and size of the teeth. Sometimes, even your speech may change or be affected in the beginning until your tongue adapts to the changes. Even though the changes are slight, (measurable only in millimetres), your mouth is extremely sensitive and will exaggerate those feelings at first. Usually, after a couple of days, the feeling lessens and your mouth will feel normal again.

Thank you for allowing us to assist you with your dental care and please do not hesitate to contact us with any questions that you may have.