



How to Care For Your New Restoration

Your new restoration (filling, onlay, crown, implant) was placed with the highest quality measures possible. Although we use the highest quality materials and techniques, any restoration may show signs of normal wear and tear, and the tooth around the restoration is still susceptible to decay (cavity). While accidents can happen, here are a few ways that you can increase the longevity of your new restoration:

1. Brush twice daily around the tooth, including the gum line. This will remove plaque buildup.
2. Floss daily between all your teeth, including your new restoration.
3. Avoid chewing hard foods such as ice and nuts. These can not only break your new restoration, but can also break the tooth supporting your new restoration.
4. Very hot or very cold foods can make your restoration expand or contract at a different rate than your tooth which may cause fractures or leakage as well as sensitivity.
5. Avoid sticky foods. Food stuck in between the teeth can weaken a filling and puts you at higher risk for more cavities. To avoid this, rinse your mouth out after every snack or meal and use fluoridated mouthwash after brushing and flossing.
6. Beverages such as coffee, tea, and wine may cause discoloration of the tooth or the restoration which can alter the appearance (color). Tobacco can also have similar effects.
7. Don't grind your teeth. If you have a bad habit of clenching and grinding your teeth at night, you may damage your fillings and teeth. If you're a tooth-grinder, ask your dentist about using a mouth guard. Nail biting, opening bottles or holding objects with your teeth are also bad habits. Try to avoid them so that you don't damage your teeth or fillings.