

# ARROWHEAD LAKES DENTISTRY

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**THIS INFORMATION IS FOR GENERAL USE ONLY.  
YOUR INDIVIDUAL SITUATION MAY VARY.  
CONSULT YOUR DENTIST FOR SPECIFIC  
RECOMMENDATIONS.**

## RESIN TOOTH-COLORED RESTORATIONS

We have placed resin tooth-colored restorations in your teeth. The resin material used is a plastic with small "filler" particles of glass-like material. These restorations will serve you well for several years. They were placed with the finest materials and techniques available today. However, you should be aware of the following information about your restorations:

**CHEWING:** As with natural teeth, avoid chewing excessively hard foods on the veneered teeth (hard candy, ice, raw carrots, bones, etc.) because the resin material can be broken from the teeth under extreme forces. In the event that a breakage occurs, replacement of a restoration by us is not difficult. Natural teeth can be broken also with similar forces.

**SENSITIVITY:** It is common for new restorations to be sensitive immediately after treatment. If this occurs, most tooth sensitivity will disappear over time without any further treatment. However, a few teeth can become more sensitive and may require root canal therapy.

**RECALLS:** Visit us for examinations and check-ups at regular six-month periods. Often problems that are developing with the restorations can be found at an early stage and repaired easily, while procrastinating may require redoing entire restoration.

**PREVENTIVE PROCEDURES:** To provide optimum longevity for your restorations and prevent future dental decay and supporting tissue breakdown, please brush with a fluoride containing toothpaste and floss after eating and before bedtime.

**THE FUTURE:** We expect that you will receive years of service from these restorations. However, after watching this type of restoration for many years, we have seen the following situations occur occasionally. They are unavoidable and may require restoration replacement:

- A. Extreme force or trauma can break resin restorations just as the safe force can break natural teeth. Use care in sports or other potentially traumatic situations. Do not bite extremely hard objects with one tooth. However, repair is usually not difficult.
- B. Depending on the foods you eat and other factors, there may be a slight change in the color of the restorations over a period of years. When the color change is objectionable to you, the restorations should be replaced.
- C. After a few years, some restorations may demonstrate slight stains at some locations around the edges. Please tell us if this occurs.
- D. The gums (gingiva) may recede from the restorations, displaying discolored tooth structure underneath. This usually takes place over several years and requires resin restoration replacement.

We have done our best to provide you with the finest quality oral restorations available today. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity. Replacement of the restorations may be required in several years. If you have any questions, please contact our office.