

Caring for your Cosmetic Restorations

Do's

- Use a rubber tip stimulator, floss and a soft bristle toothbrush as prescribed to control plaque accumulation, which can cause breakdown of the margins.
- Ask your hygienist for the best brushing technique for you. There are many power brushes that can enhance your efforts in removing plaque. Ask for a recommendation.
- Use toothpaste that has low abrasive particles. We recommend Rembrandt low abrasive formula and Crest original paste.
- Return to your dental office for a professional cleaning and polishing of your restorations as recommended.

Don'ts

- Brush with a medium or hard toothpaste with an abrasive paste. It can scratch your restorations.
- Smoke (beware if you do). Smokers tend to gather more stain and use excessive brushing technique and abrasive pastes. Not smoking will increase the life span of your restorations.
- Overindulge in foods or beverages that contain dark pigments, such as coffee, tea, red wine and blueberries, if you have composite restorations.
- Use abrasive habits, such as biting hard candy, ice, fingernails, paperclips or pencils. These habits are the most common cause of fractures and chipping.
- Grind or clench your teeth. If so, please inform your dentist. They may prescribe a bite guard for protection.
- Allow anyone to clean your restorations with ultrasonic tools, air polishers or abrasive polishing pastes. If composite or diamond polishing paste is not available, request that your restorations be polished with non-abrasive toothpaste.