



Patient Instructions Following Restorative Treatment

Smoking is not recommended following any dental treatment.

1. This material is already hardened with the use of the high intensity light. You may begin to use it right away.
2. You may experience some minor discomfort the first few days following your treatment. This should diminish gradually over time.
3. If you have been given an anesthetic, this should wear off in a few hours. Please be careful not to bite your cheek or tongue. Also, do not eat or drink anything extremely hot or cold until the anesthetic has completely worn off.
4. The bite should feel normal when the anesthetic wears off. If sensitivity to hot, cold or biting pressure persists longer than one week, please call our office for a follow-up evaluation and/or simple adjustment.
5. The tooth will look natural in color, so you may not be able to notice the restoration. Smoking and other staining foods may contribute to discoloration of the restoration. Proper oral hygiene and routine visits will ensure a healthy looking smile.
6. The surface texture and consistency may feel a little different at first but, will smoothen with use.
7. Do not chew any extremely hard or crunchy foods with your new restoration. Also, do not bite anything with your teeth that can damage them (such as nails, paper clips, pens, etc.).
8. We recommend professional maintenance and evaluation at least twice a year. If you have had a periodontal (gum disease) problem in the past, you should see us a minimum of four times a year.
9. Proper care includes **BRUSHING, FLOSSING** and **RINSING WITH OXYFRESH OR DENTAL HERB COMPANY** a minimum of twice daily. Proper maintenance will not only prolong the life of the restoration but will also help to prevent problems elsewhere in your mouth.

Congratulations! You have just received the most advanced, state-of-the-art adhesive, tooth-colored restorative material available today. We are pleased that you are as committed to high quality dentistry as we are and it is our privilege to provide this service for you. Please call us at 860-828-3933 if you have any questions. At Advanced Dental we care about you and want you to be as comfortable as possible.