

FILLINGS ON FRONT TEETH

- Brush daily. Excess plaque can affect the longevity of the filling.
- It generally takes about a day for many of the materials to harden fully.
- If you feel a rough edge with your tongue, return to your dentist and have the edge properly smoothed.
- To prevent staining, try to keep all colored food/beverages to a minimum.
- To prevent fracture, avoid directly biting with bonded front teeth into certain foods including ribs, bones (fried chicken, lamb chops, etc.), hard candy, apples, carrots, nuts, or hard breads. Also avoid non-food items such as pen caps, finger nails, etc. The restored teeth will always be prone to breaking. Please be careful!
- Be aware that using any whitening products on your teeth will not whiten tooth-colored fillings. You will need to have them replaced to match your lighter-colored teeth.



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