

Maintenance after Composite Fillings / Composite Bonding

To maintain the results achieved by the Composite Bonding, it is important to practice good oral hygiene. Follow these steps to care for your teeth after composite bonding:

- Keep your teeth clean by brushing and flossing regularly.
- Schedule regular professional cleanings by your dentist.
- Use gentle toothpastes that are safe for bonded teeth. Ask your dentist for recommendations.
- Slice hard foods like apples and carrots before eating them.
- Avoid chewing on hard objects like fingernails, pencils, or paperclips