



TAKING CARE OF RESTORED TEETH



Brushing: --

Ensure you brush your teeth at least twice a Day.



Flossing: --

Floss once a day to remove plaque and food particles between the teeth.



Toothbrush: --

Use a soft-bristle toothbrush to avoid damaging the restoration



Toothpaste: --

Use a non abrasive fluorided toothpaste, to avoid compromising dental restoration over time.



Check Up: --

Schedule regular dental check up and cleanings to ensure that your restorations are in good condition.



Alert: --

It's normal to experience tooth sensitivity after dental fillings, which may persist for several days.



Avoid: --

If you have a tendency to grind or clench your teeth, consider using a mouthguard to protect your restorations.



Avoid: --

Refrain from biting down on hard objects such as ice, pens, or fingernails.

