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Congratulations on your new smile!

Aftercare Recommendations

Direct Composite Veneers can provide you with a healthy and beautiful smile for many years, but it is important to follow your dentist's recommendations for proper oral hygiene and also avoid habits that could damage your restorations.

1. Brush twice daily with a low-abrasive toothpaste (70 RDA or lower), and floss once daily. Receive a professional cleaning and check up from your hygienist and dentist regularly for regular maintenance.
2. Avoid habits such as biting your fingernails, or chewing on pens, ice or other hard objects.
3. Wear your retainer nightly to protect from unintended damaging clenching or grinding forces during sleep. If chipping or wear occur on your Composite Veneers, as it can with natural teeth, your dentist will suggest that you return to the office if you notice any sharp edges on the bonded surfaces, and will advise repairs or maintenance as needed.
4. Just as acidic drinks can slowly erode enamel and smoking, poor oral hygiene, coffee, tea, and red wine can lead to staining of natural teeth, the consumption of these products can create similar alterations/staining to Composite Veneers. It is recommended to reasonably attempt to refrain from these damaging things in order to increase the expected longevity of both the Composite Veneers as well as your natural teeth.

Risks or Complications

With *Composite Veneers*, there is no irreversible damage done to your natural teeth, but, just like natural enamel, composite may chip, break or discolor. If these things occur, repair or replacement may be needed. The patient will be responsible for costs associated with any needed repairs or maintenance.



Aftercare Instructions

Use At Home

Floss

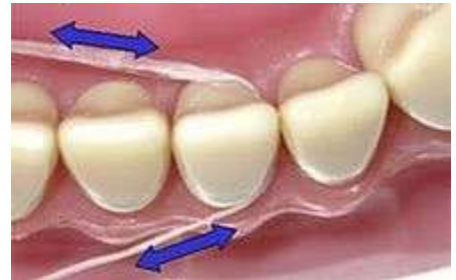


Expanding Floss



Electric Toothbrush

C Shape



Floss down into the gums

Toothpaste

Arm & Hammer Peroxicare Healthy Gums
Arm & Hammer Dental Care Advance Cleaning
Oxyfresh Original
Colgate Total Clean Mint

Tom's of Maine Fluoride Free
Plain Baking Soda
Colgate Regular
ClinPro 5000 (Prescription)

**** If you want to use a toothpaste not on this list, please be sure the RDA score is below 70.**



Hygiene Information

The hygienist is ultimately responsible to understand dental prophylaxis products and instruments including their effects or consequences on dental restorative materials.

We recommend:

- Using scaling instruments with care so as to not scratch or remove the composite resin material.
- Plaque and calculus should be removed but be careful not to damage the restorations.
- Avoid the use of ultrasonic scalers if possible.
- Use prophy paste fine by Ivoclar for polishing the teeth treated with composite resin.

Love your new smile as much as we do? We ask that you share your experience with us on Google!



Toothpaste Abrasiveness Ranked by RDA (Relative Dentin Abrasion) Value

RDA	Toothpast Name	RDA	Toothpast Name
4	Toothbrush with plain water	100	Sensodyne Tartar Control Whitening
7	Plain baking soda	101	Natural White
8	Arm & Hammer Tooth Powder	103	Arm & Hammer Sensation
15	Weleda Salt Toothpaste	104	Sensodyne Extra Whitening
30	Elmex Sensitive Plus	106	Arm & Hammer Advance White
30	Weleda Tooth Products	107	Crest Sensitivity Protection
34	ProNamel by Sensodyne	107	Sensodyne Full Protection Whitening
35	Arm & Hammer Dental Care	110	Crest Regular
42	Arm & Hammer Advanced Whitening / Peroxide	110	Prevident 5000 Booster
45	Weleda Calendula Toothpaste	110	Colgate Herbal
45	Weleda Pink Toothpaste with Ratanhia	113	Aquafresh Whitening
45	Oxyfresh	117	Arm & Hammer Advance White Gel
48	Arm & Hammer Dental Care Sensitive	117	Arm & Hammer Sensation Tartar Control
49	Tom's of Maine Sensitive	120	Close Up with Baking Soda
52	Arm & Hammer Peroxicare Regular	124	Crest Sensitivity Whitening + Scope
53	Rembrandt Original	124	Colgate Whitening
53	CloSYS	130	Crest Extra Whitening
54	Arm & Hammer Sensitive + Whitening	133	Ultra Brite
54	Arm & Hammer Dental Care PM Bold Mint	140	Crest Pro Health Night
57	Tom's of Maine Childrens Toothpaste	142	Colgate Total Whitening
63	Colgate Sensitive Enamel Protect	145	Crest Pro Health Enamel Shield
63	Rembrandt Mint	145	Ultra Brite Advanced Whitening
65	ClinPro	150	Pepsodent
68	Colgate Regular	152	Crest Sensitive Whitening
70	Colgate Total	155	Crest Pro Health
70	Arm & Hammer Advance White Sensitive	160	Colgate Total Advanced Fresh
70	Colgate 2-in-1 Fresh Mint	162	Crest Pro Health Whitening
78	Biotene	165	Colgate Tartar Control
79	Sensodyne	168	Arm & Hammer Dental Care PM Fresh Mint
80	Close Up	176	Nature's Gate paste
83	Colgate Sensitive Max Strength	200	Colgate 2-in-1 Tartar Control / Whitening
84	Tom's of Maine	200	FDA upper limit
85	Dentisse	250	ADA upper limit
85	Rembrandt Intense Stain		
87	Nature's Gate		
90	Sensodyne Fresh Mint		
91	Aquafresh Sensitive		
92	Sensodyne Cool Gel		
93	Tom's of Maine		
94	Rembrandt Plus		
94	Sensodyne Fresh Impact		
95	Oxyfresh with Fluoride		
100	Sensodyne Original		
			The RDA Table:
		0-70	Low Abrasive
		71-100	Medium Abrasive
		101-150	Highly Abrasive
		151-250	Regarded as Harmful Limit

*The date from this chart was compiled from various sources including independent research and company literature.