

POST-OPERATIVE INSTRUCTIONS

After Dental Bonding

Cosmetic · Cisco Dental — Dental Fitness

Bonding sculpts a tooth-colored resin directly onto your tooth and hardens it immediately, so there is no waiting period. A little care keeps it looking seamless and lasting well.

Right away

- The bonding is fully set — you may eat once any numbness wears off.
- Mild sensitivity for a few days is normal.

Protecting the bonding

- Bonding resin can chip or stain more easily than porcelain. Avoid biting ice, pens, fingernails, and hard candy.
- Limit coffee, tea, red wine, and tobacco, which stain resin over time; rinse with water after colored drinks.
- If you notice a rough or chipped edge, call us — bonding is easily touched up.

Everyday care

- Brush and clean between your teeth normally to keep the margins clean and the color even.