

# *Lexington Dental Care*

## *Post-visit instructions*

### **After Bonding Visit Post OP**

Bonding is a plastic covering on your teeth that improves the shape and color of your teeth. The plastic covering can break if biting into certain foods. You should avoid tough chewing foods like bagels, hard crusted breads and pizza crust. Also avoid foods with hard centers, such as chicken wings and fruits with pits in them. The bonding can also break from grinding your lower teeth against them. If you feel you grind or clench your teeth, your bite may need to be adjusted or you may have to wear a night guard to protect the bonded teeth. Bonded teeth can also pick up stain or discolor over time. Polishing and repairing bonding is a quick and painless procedure and may need to be done periodically to keep the bonding looking great. If you want a more permanent restoration that is less likely to chip or stain, you may want to consider having Porcelain Veneers or Crowns. Please feel free to call us if you have any questions regarding your recently bonded teeth.

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