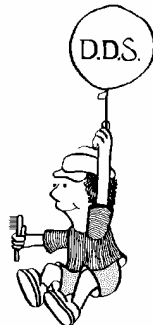


CARE OF YOUR COMPOSITE BONDING

Your new composite bonding is designed to last for many years. These are some hints to help you maintain long lasting results.

1. Do not bite your fingernails...composites are particularly prone to breakage from nail biting.
2. Do not bite on extremely hard objects with your front teeth (hard or frozen candies, ice, rib or chicken bones, hard crusts, shelled nuts, pencils or pens, etc.). Hard foods such as carrots should be cut first.
3. Wear a good fitting mouth guard for all active sports. We recommend a custom-made mouth guard. Don't forget, many mouth injuries occur just "horsing around" with your friends!
4. Keep your bonding particularly clean. It will be more prone to collecting foods and stains. You can also get a cavity around the margins of the bonding (where the tooth meets the bonding) if it's not kept clean with good brushing and flossing.
5. Do not use tartar control toothpaste on your bonding...it will dull the finish.



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