

## Post-operation recommendations after composite tooth filling

As you probably noticed, we brought major changes to the cosmetic of your mouth. We hope that you have a positive experience. Here are some advices to maximize your results.

- 1) A light discomfort (particularly to hot and cold while chewing) may occur during the first couple days.
- 2) Avoid extreme temperatures(hot and cold foods and liquids)
- 3) Avoid substances that have pigmentation (coffee, grape juice, jams, tomato sauce, etc) for the first 24 hours. Avoid smoking. After 24 hours your teeth will have hydrated itself and will not stain your teeth as easily.
- 4) If you have the impression that there is a side higher or you feel uncomfortable when you close your teeth, contact us to do an adjustment or else you risk cracking your filling.
- 5) We used materials that are biocompatible minimizing health risks that can be brought on due to heavy metal(fillings that has mercury or copper) If you know people that think they are intolerant towards mercury(feeling tired, lack of energy and craving metal) maybe we can help.
- 6) You can start your daily hygiene brushing and flossing your teeth.

RECOMMENDATIONS :

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