

**Care of Bonding, Crowns and Veneers:**

1. Do not chew on hard foods such as candy, ice, meat bones, etc.

Directly on your bonded, crowned, or veneered teeth.

1. Be careful not to bite on pens, pencils, etc.
2. Do NOT chew your fingernails!!
3. Wear a mouth-guard while playing contact sports.
4. You should brush and floss your teeth daily (use a soft bristled brush with rounded edges or and electric brush). Proper brushing technique is very important.
5. Have your teeth cleaned and checked on a regular basis, proper care will maximize the life expectancy of these restorations.