

Eggert Family Dentistry

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Instructions after Cosmetic Bonding

Be careful with eating while your lips, cheeks, and tongue feel numb. It is not pleasant to bite these tissues.

It is common with any new filling, including cosmetic bonding, for you to experience cold and chewing sensitivity for up to two weeks. The sensitivity should feel like it is getting better over time. If things are not better after this two week period, be sure to call our office. You may need a bite adjustment on the new filling or there may be something more serious going on, like a crack or an unhealthy nerve in the tooth.

Taking an over-the-counter pain reliever on the day of treatment is not a bad idea to help reduce inflammation in the jaw, tooth, and tissues. Use ibuprofen or Tylenol as directed. Warm salt water rinses (8 oz warm water and 1 teaspoon salt) 2-3 times daily can help with any gingival soreness.

It is common for the gum tissues to feel slightly “pinched” after cosmetic bonding. This feeling should subside over time.

Be sure to take care with your bonded teeth. The material is strong, but hard, crunchy foods or habits like nail biting, pens and pencils in the mouth, or biting fishing line can chip the bonding.