

**Information sheet for patients receiving resin composite restorations for  
treatment of tooth wear**

- Your anterior teeth will receive adhesive resin composite restorations to cover the exposed dentine and prevent them from further wear: this is the principal reason for treatment.
- An improvement in appearance of your teeth will be effected if possible.
- You will not be able to chew on your back teeth for a period of 3 to 6 months, and you should therefore cut your food into small pieces to avoid intestinal symptoms.
- Your back teeth will eventually erupt (move together) so that you will be able to chew on them again after 3 to 6 months.
- The change in shape of your upper anterior teeth might cause lispiness for a few days
- Your front teeth may be a little tender to bite upon for a few days.
- Your “bite” will feel very unusual for several days and you may find difficulty in chewing for this period, as you will be unsure exactly where to place your jaw to get tooth to tooth contact: however, you should become accustomed to your new “bite” after a few days.
- The procedure will normally be carried out without the need for local anaesthesia as there will be no, or minimal, need for tooth reduction.
- If you have crowns, bridges or a denture in the posterior part of your mouth, it is likely that these will require replacement.

Regarding the longevity of the restorations:

- The reliability of the restorations should be good, except that there is a small potential for restorations to de-bond, since bonding, albeit better than 15 years ago, was still not as good as dentists might wish.
- The margins of the restorations may require occasional polishing
- Occasionally, chipping of the restorations may occur.