

Congratulations...

Heraeus

You have just received a Venus composite filling from your dentist. It was a good choice to have selected a high-quality composite filling material.

Your new filling has been built up in layers and corresponds to your natural tooth colour. The technique used enables a treatment where the maximum amount of your tooth substance can be preserved.

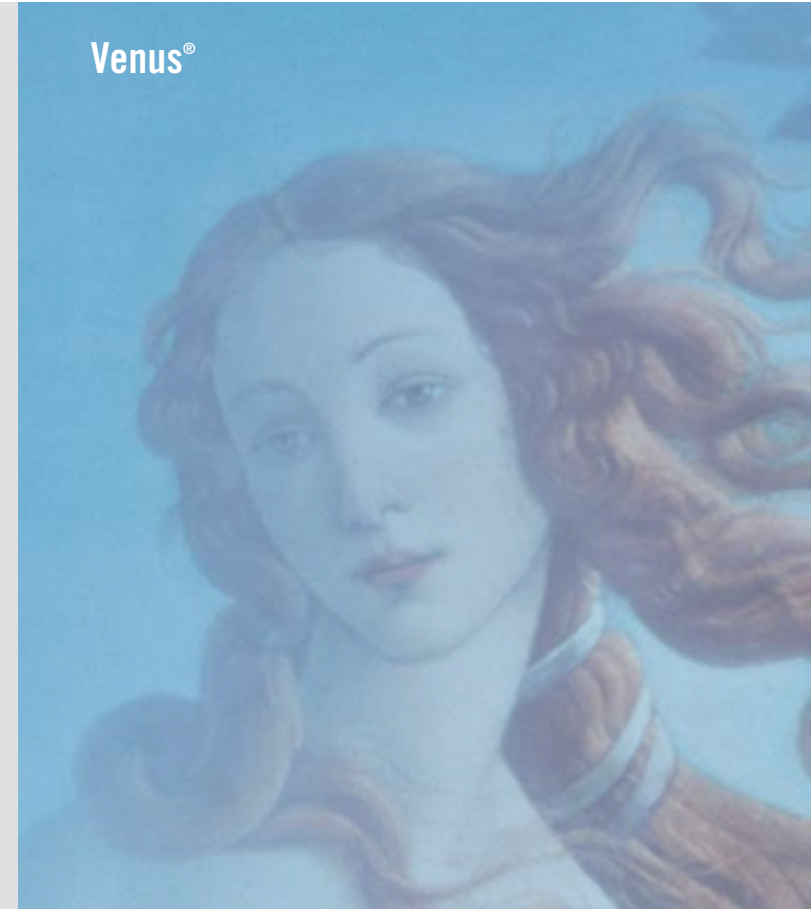
Your Venus composite filling will have good durability. However, your dentist should continue to check it regularly.

We would like to give you some tips on optimal tooth care, so that you get the most out of your new filling.

Surgery stamp

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Venus®



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Adaptable and Natural
Where beautiful restorations originate

Certificate

Tips for a long-lasting composite filling



Correct cleaning

You do not have to “scrub” your teeth. On the contrary, pressing the toothbrush onto your teeth too strongly can damage the tooth surface and lead to sensitive tooth necks over time.

Correct cleaning is accomplished by applying the toothbrush diagonally, so that the bristles can slightly penetrate into the interdental spaces and to the edge of the gums. Rotate the brush with a light touch from “red to white” i.e. from the gums to the tooth surface. The brush can thereby loosen the plaque.

The chewing surfaces are cleaned in the next step, to remove plaque out of the gaps. The brush is angled, in order to properly brush all surfaces of your teeth.

You should brush for approximately three minutes, two to three times daily.

The correct time

Ideally, your teeth must be cleaned after each meal and before going to sleep. However, you should not clean them directly after consuming acidic meals or beverages (wine, fruit juices, citrus fruits, yoghurt, salads with sour dressings), because you could otherwise “scrub” some tooth substance away. Wait for 45 minutes before brushing.



The “tools”

■ Toothbrush

A manual toothbrush is normally sufficient for oral hygiene, even though electrical toothbrushes are more convenient. The head of the toothbrush should not be too large, so that all tooth surfaces in the mouth can be reached without problems. Even the best toothbrush is useless, if it is not used regularly. Replace the brush as soon as the bristles splay out, at the latest every two months.

■ Toothpaste

Your toothpaste should always contain fluoride. The abrasiveness of the toothpaste should not be too great as it will have a tendency to abrade the tooth substance. The abrasive effect of toothpaste is particularly critical, if root surfaces are exposed. A tooth “sensitive” toothpaste is recommended in this case. So-called “smoker toothpastes” are extremely abrasive and should not be used routinely.

■ Tooth floss/Interdental brush

Even the best toothbrush does not sufficiently penetrate in between your teeth. You really need to use floss or an interdental brush in order to remove the tough bacteria coating here.

■ Chewing gum

Saliva has some important functions for keeping teeth healthy: It acts as a rinse containing necessary minerals (phosphate, calcium) for the remineralisation of the tooth substance and is a buffer to neutralise acids. Chewing gum stimulates the natural flow of saliva and is a suitable substitute, if it is not possible to clean your teeth after a meal. Naturally, your chosen chewing gum should be sugar-free.