

## Important Facts About Your New Restorations

### Clenching & Grinding Effects

- All restorations — **fillings, crowns, bridges, implants, root-canal-treated teeth, veneers** — are vulnerable to damage from clenching and grinding.
- Even the strongest materials are **not immune** to these forces.

### Possible Damage If Grinding Continues

- Crowns repeatedly coming off
- Severe wear or perforation
- Cracks or breakage
- Tooth nerve irritation
- Bone damage around the teeth
- Reduced lifespan of any restoration

### Restorations Can Trigger More Grinding

- In some cases, new dental work may **aggravate** clenching or grinding.
- This can **change the pattern** of grinding or **accelerate damage**, sometimes faster than before.
- Damage can occur to both natural teeth and teeth supporting restorations.

### Protecting Your Restorations

- Clenching and grinding must be **controlled or minimized**.
- A **nightguard or NTI** is strongly recommended to protect your teeth and restorations.
- Deferring the recommended appliance may lead to additional costs if damage occurs.

### General Notes

- Ask your dentist about protective options to preserve your restorations and prevent future problems.