



Post-operative Instructions for Composite Restorations

1. Sensitivity is usually most noticeable the first 12-24 hours after the anesthetic wears off.
2. Sensitivity, especially to cold, is common for a few days following a dental filling. Usually the deeper the cavity, the more sensitive the tooth may be.
3. The gum tissue could have been irritated during the procedure and may be sore for a few days together with the anesthetic injection site.
4. The filling is fully set and ready to eat on when you leave the office. Please be careful eating until the anesthetic wears off so you don't bite your lips, cheeks, or tongue.
5. Children should be observed until the anesthetic wears off. Due to the strange feeling of the anesthetic, many children will chew the inside of their lips, cheeks, or tongue which can cause serious damage.
6. The finished restoration may be contoured slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days.
7. If after a week or two, your teeth feel they do not touch correctly please call the office. This problem can be solved with a quick adjustment to the filling.
8. Fillings do not last forever. Like a new set of tires, fillings can wear and breakdown. Proper brushing and flossing is recommended to help you retain your fillings. Having your teeth cleaned every six months and an exam and x-rays every year will help prolong the life of your filling.