

COMPOSITE FILLINGS

AFTERCARE



THINGS TO KNOW

We have restored some of your teeth with tooth-colored materials. The resin (plastic) material used contains small “filler” particles of glass-like material for strength and wear resistance. These restorations will serve you well for several years. They contain the finest and most up-to-date materials available today.

However, you should be aware of the following information about your new restorations:

- If you experience pain or discomfort with pressure and/or chewing, or if you feel your bite is unbalanced, please contact our office immediately for a simple bite adjustment.
- As with natural teeth, avoid chewing hard foods on the filled teeth (i.e., hard candy, ice, raw carrots, etc.) because the resin material can break under extreme forces.
- 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.
- Sensitivity to hot and cold is common for a few weeks following a dental restoration. Usually, the deeper the cavity, the more sensitive the tooth will be. If you experience pain or discomfort with pressure and/or chewing, or if you feel your bite is unbalanced, please contact our office immediately for a simple bite adjustment.
- The finished restoration may exhibit slight variations in shape and texture compared to the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days.
- The gum tissue could have been irritated during the procedure and may be sore for a few days along with the anesthetic injection site.
- Composite fillings set immediately. There is no waiting time to eat.
- Proper brushing, flossing, and regular 6-month cleanings are essential to the long-term stability and appearance of your restorations. Often, problems that may develop with the fillings can be found at an early stage and repaired easily, while waiting for a longer time may require more extensive treatment.

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