



Care of Mouth After Composite Restorations

1. You may experience some discomfort for 24-48 hours after your treatment.
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 and the longer the sensitivity may last.
3. The gum tissue could have been irritated during the procedure and may be sore for a few days along with the injection site.
4. It may be uncomfortable to chew on the treated tooth for several days. If this doesn't resolve or worsens, please contact the office – your bite may need to be adjusted.
5. The filling is fully set and ready to eat on when you leave the office; however, avoid eating or drinking hot fluids until the numbness wears off.
6. 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.
7. The filling 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.
8. If after several days your teeth feel like they do not touch correctly, please call the office. This problem can be solved with a quick adjustment to the filling.
9. Fillings do not last forever. Like a new set of tires, fillings can wear and break down. Proper brushing and flossing are recommended to help extend the life of your fillings. Regular checkups allow us to monitor the condition of your fillings over time.
10. If you have discomfort, you can take one *Acetaminophen 500mg* (Tylenol) and two *Ibuprofen 200mg* (Advil) together every 4 hours as needed. If you have an allergic reaction to any medication, such as a skin rash or hives, stop the medication and call the office.
11. If you experience significant discomfort that doesn't improve or worsens, contact the office.

Companion Signature: _____ Date: _____
(If patient uses sedation, companion must sign.)