

## **Composite (Tooth Colored) Filling Post-Operative Instructions**

### **NUMBNESS**

Your mouth may still be numb after the procedure if you were given a local anesthetic. It may not wear off for a few hours. Be VERY careful during this time because you can easily bite your cheeks, tongue, and lips. You may also be sensitive where the procedure was performed and around the injection site. For this you may rinse your mouth with warm salt water (1-teaspoon salt in a glass of warm water) several times a day for relief.

### **CHEWING**

The tooth colored filling is bonded to your teeth; this means you can eat normally following your appointment. Composite fillings placed in anterior teeth need to have special treatment when eating. Be careful not to bite or tear directly into your food. Shear (tearing) force is the main cause of fractured anterior fillings.

### **SENSITIVITY**

Some sensitivity may occur and can persist up to 6 months after the filling has been placed. Each tooth reacts differently and therefore it will depend on how long the sensitivity lasts. If the nerves of the tooth were unhealthy prior to this treatment, they may become symptomatic. Please contact our office if the sensitivity persists. Further treatment may be necessary.

### **CLEANING**

Continue to brush and floss the composite filled tooth the same as other teeth. Good oral hygiene is required to stop further decay surrounding the filling. Remember, the removal of decay in one particular area does not stop tooth decay; it is your home care and routine dental visits.

### **LONGEVITY**

The size of your filling will have a great deal to do with how long your filling lasts. The bigger they get the more likely they are to break, and the remaining tooth becomes weaker and more easily fractured

The filling(s) we placed today is (are):

- Small, with good longevity potential
- Moderate, with fair longevity potential
- Large, with questionable prognosis. A further treatment may be indicated to restore this tooth.

### **THE FUTURE**

When problems are caught in the earliest stages, they can be corrected easily. Your hygiene and examination appointments are extremely important to prevent gum disease and find developing problems. You will always be aware of the overall health of your mouth so that you can make the best decisions for your future treatment. We are committed to providing you with the highest quality dental treatment available. However, only your continuing care can assure optimum service and longevity.