



## **Post Op for Composite Resin Filling**

We have just finished your new white (composite or resin) filling. Here is some important post-operative information. If we used local anesthetic to numb the area we treated, this numbness in your lips, teeth and tongue might last for several hours after the procedure. To avoid damage to your tongue, cheek and lips, you should avoid any chewing until the numbness has completely worn off. That also means to avoid drinking anything too hot so you don't burn yourself.

### **YOUR BITE**

Composite (white) fillings set completely immediately after they are placed, so as soon as the numbness from the anesthetic subsides, you can chew as you would normally. Sometimes, due to the effects of the local anesthesia, it is quite difficult to make sure that your bite is exactly right. If your bite feels uneven or feel any discomfort in chewing, be sure to call our office for a bite adjustment. A minor adjustment is usually all it takes to make you comfortable. **DO NOT WAIT!** If the filling is high, your tooth will become irritated and a toothache could result.

### **SENSITIVITY**

It is normal to experience hot and cold sensitivity after your appointment. Just avoid extreme temperatures for about a week. As long as the sensitivity is slowly subsiding, the nerve is recovering from the procedure. It is not uncommon for the tooth to be sensitive for several weeks or months. You can also take Ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) to help with pain.

Depending where the filling was placed, you could have sore gums for several days. Rinse your mouth with warm salt water, 3 times a day, to help with the healing and reduce pain and swelling.

### **CALL OFFICE IF:**

- Your bite does not feel normal once the anesthetic wears off
- You have pain in the tooth/teeth that wakes you up at night
- Your cheeks/face become swollen