



## Composite (White) Filling Post-Operative Instructions

- When an anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid chewing until numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb.
- Your new fillings are fully hardened before you even leave the office; again though, it is wise to chew on the opposite side from the location of the newly placed filling(s) until the anesthetic has worn off.
- You may take any over-the-counter pain reliever for tenderness or discomfort. You may take Acetaminophen or Ibuprofen (Tylenol or Advil), unless you are allergic to these medications or have a medical condition that would prevent you from taking these medications. This will help with any soreness at the injection sites where your anesthetic was administered.
- It is normal to experience some hot, cold, and pressure sensitivity after your appointment. Hot or cold sensitivity may linger for several weeks after the placement of the fillings. Usually, these symptoms will subside over time.
- One of the most common problems following filling placement with anesthesia is an incorrect bite. If your bite feels uneven, please call our office so we can get you scheduled to correct your bite. Sometimes when patients try to get used to a bite that does not feel right, it can start feeling worse rather than better. Luckily, this is usually a very simple fix. Just call our office!