



Instructions Following White (Composite) Fillings

1. Please avoid eating or drinking anything hot until the numbness wears off. Also be careful not to bite your lip, cheek or tongue during this time.
2. Please stay on a soft diet today and eat away from the treated area if possible.
3. There may be some sensitivity to temperatures, especially cold. This could last anywhere from a few days to several weeks depending on the amount of decay that was present in the tooth.
4. Once the numbness is gone, there may be some sensitivity to biting. If you feel that you are biting on the filling too heavily, please call the office to schedule an appointment for an adjustment.
5. There may be some sensitivity around the gum or at the injection site. Please mix 1 teaspoon of salt with a glass of warm water and rinse your mouth several times today and tomorrow.
6. If the nerves of your teeth were unhealthy before treatment, they may become symptomatic at this time. If the tooth does not settle down after the initial tenderness, please contact us.
7. In the event of an after-hour emergency or even the need of simple reassurance about unfamiliar symptoms, please do not hesitate to call.