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## ***Composite (white) Fillings*** - Post-op Instructions

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Resin composite fillings are made of a ceramic and plastic compound used to restore decayed teeth. Because resin mimics the appearance of natural teeth, these fillings are also used for cosmetic improvements.

### ***How long will I be numb?***

If anesthetic has been used your lips, teeth and tongue may be numb for several hours after the appointment. Typically, numbness will wear off between 3-4 hours, however this varies from person to person based on one's individual metabolic rate. Avoid chewing until numbness has completely worn off.

### ***Will I be in pain following my appointment?***

It is normal to experience hot, cold and/or pressure sensitivity after your appointment. Hot or cold sensitivity may linger for several weeks after the placement of a filling, these symptoms should subside quickly. If you continue to experience these sensations, especially pressure sensitivity, please contact the office as your bite may need adjusted. This would require a simple and quick follow-up procedure that would ensure the filling fits properly with your bite.

If discomfort is present, you may take over the counter pain reliever. Aspirin or Tylenol will usually relieve minor discomforts. \* Please advise your medical professional regarding allergies and or other medications that may be affected by taking an OTC pain medication. \*

### **Key things to remember:**

Your new filling(s) are fully hardened before you leave the office; however, it is wise to chew on the opposite side of your newly placed fillings until the numbness subsides. This will ensure you do not bite your lip, tongue, or cheek while you are still numb.

If you are feeling discomfort following your appointment and think your bite may be off, please contact our office!

Thank you for entrusting us with your care.

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