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Take Home Instructions for Composite Tooth Colored Fillings

When you leave your appointment with a tooth colored filling, that restoration is completely set/cured.

Use Caution Immediately after appointment

When an anesthetic has been used, your lips and tongue may be numb for several hours after the appointment.

Until the numbness has completely work off, avoid:

- any chewing
- hot beverages

It is very easy to bite or burn your lip or tongue while you are numb.

Sensitivity

It is normal to experience some hot, cold & pressure sensitivity after your appointment.

Injection sites may also be sore.

- Warm salt water rinses (a teaspoon of salt in a cup of warm water) three times a day will reduce pain and swelling.
- Ibuprofen (Motrin), Tylenol or aspirin (one tablet every 3-4 hours as needed for pain) work well to alleviate the tenderness.
- If pressure sensitivity persists beyond a few days or if the sensitivity to hot or cold increases, contact our office.
- Any swelling and/or discomfort in the area of the injection is common. If you experience this, please use a warm or cold compress, whichever one provides you better relief. Use the compress for 10 minutes 3 times per day.
- Please call our office if you experience any unusual discomfort.

If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please call our office at 925-689-2585.