

Post Op Instructions – After Composite (White) Filling

- ❖ When an anesthetic has been used, your lips and tongue may be numb for several hours after the appointment. Avoid any chewing and hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue or lip while you are numb.
- ❖ It is normal to experience some hot, cold & pressure sensitivity after your appointment. Injection sites may also be sore. 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 at 909-962-8828.
- ❖ You may chew with your composite fillings as soon as the anesthetic completely wears off, since they are fully set when you leave the office.
- ❖ Over the period of years, white fillings can discolor. Avoid foods that cause a lot of staining, such as, coffee, tea, wine.

If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please call our office at 909-962-8828.