



Post-Operative Instructions: Composite/White Filling

To ensure a smooth healing process and avoid any unnecessary discomfort, please follow these instructions carefully.

After Your Procedure

- **Avoid Eating Until Anesthetic Wears Off:** If possible, do not eat until the anesthetic has worn off to avoid accidentally biting your lips, cheek, or tongue.
- **Resume Normal Diet:** You can resume your normal diet immediately. Composite/white fillings are fully set once placed, so there is no waiting period required before chewing against it. However, soft foods and chewing on the opposite side may be more comfortable for the first 24 hours.

Sensitivity

- **Tooth Sensitivity:** It is normal for the tooth or teeth to feel sensitive following the restoration. This may include sensitivity to hot, cold, and pressure. This should subside over the next few days to weeks. As long as the sensitivity continues to lessen, there is no need for concern. If the pain is severe or you are unable to bite down on the tooth/teeth after 2-3 days, please call our office.

Fillings Adjustment

- **Adjustment Period:** Due to the anesthetic used during the procedure, it might have been difficult to determine the proper bite at the time. If you notice that your bite feels uneven or if you are experiencing discomfort while biting down, please contact our office within the next 24-48 hours for an adjustment.

Oral Hygiene

- **Brushing and Flossing:** Continue your normal brushing and flossing routine, but be gentle around the treated tooth and surrounding gum tissue, which may be sore for the first 24-48 hours. If you use an electric toothbrush, you can turn it off and manually brush the affected tooth gently if needed.

Gum Care

- **Salt Water Rinses:** To reduce gum tissue soreness, rinse with warm salt water (1 teaspoon of salt per 1 cup of water) 3-4 times per day for the first 1-3 days as needed. If a prescription rinse is provided, use as directed.



Medication

- **Pain Management:** Take medication as instructed by your doctor. Ibuprofen (Motrin or Advil) 400mg every 4 hours can be taken to reduce pain or soreness, unless you are allergic or have been instructed otherwise.

When to Contact Our Office

Please call our office if:

- You experience severe pain or swelling that does not dissipate around the restoration site.
- After the first 2-3 days, your bite feels uneven or you are unable to bite down on the tooth without experiencing sharp pain.

If you have any additional questions or concerns, please reach out to our office. We are here to support your healing process.