



## POST-OP INFORMATION FOR COMPOSITE FILLINGS

- Please do not bite or chew until the **numbness** wears off. We do not want you to hurt yourself.
- After placement of your new composite filling, you may notice **increased sensitivity** to hot and cold food and liquids. This is normal and usually lasts 3 to 4 weeks and sometimes much longer depending on the size and depth of the cavity.
- No two cavities are alike and therefore **no two fillings are alike**. Just because a filling you had placed in the past wasn't temporarily sensitive, doesn't mean something is wrong if a recently placed one is.
- If you notice any "**high spots**" or **bite irregularities**, please contact our office for a simple bite adjustment. It will not grind into place on its own and the tooth will become sore and more sensitive. If symptoms persist or worsen, the tooth may need further treatment, especially in the case of a deep filling or cracked tooth. Please contact our office.
- You may find **stray pieces** of white or clear composite filling material in your mouth afterward. Don't worry, the filling has NOT "fallen out". This is **flash**, which is unbonded pieces of material and bonding resin that got stuck around your gums and between your teeth during placement of the filling. They won't hurt you nor has the integrity of the filling been affected.
- If you have any **problems** or **questions**, please call our office.