

POST OPERATIVE INSTRUCTIONS

COMPOSITE RESIN FILLINGS



PLEASE READ THESE INSTRUCTIONS COMPLETELY AND CAREFULLY

You have just received your new white (composite or resin) filling. Here is some important post operative information. If we used a local anesthetic to numb the area we treated, this numbness in your lips, teeth and tongue might last for several hours after the procedure. To avoid injury to your tongue and lips, you should avoid any chewing until the numbness has completely worn off.

It is normal to experience some sensitivity to heat, cold and pressure after your appointment. It is not uncommon for the tooth to be sensitive for a couple of days. You can also expect some soreness in your gums for several days.

White fillings are set completely after they are placed, when the numbness from the anesthetic subsides, you can chew as you would normally. If your bite feels uneven, or if you have any questions or concerns about your new filling, be sure to give us a call.

Sometimes, due to effects of the local anesthesia, it is quite difficult to make sure that your bite is exactly right. If you feel any discomfort in chewing, please let us know. A minor adjustment is usually all it takes to make you comfortable. Don't wait too long! Teeth can become quite sensitive if the bite is "high." Please call the office to schedule an appointment for an adjustment.

Chewing: Avoid chewing excessively hard foods such as hard candy, corn nuts, ice, bones, etc., because the resin material can be broken from the tooth with extreme force. If breakage occurs, replacement of the restoration is not difficult.

Recall Visits: Professional six-month examinations are necessary. Developing problems can be detected at an early stage and repaired easily. Waiting for a longer time may require redoing the entire restoration or more invasive treatment.

Preventive Procedures: To provide optimum longevity for your restorations and to prevent future dental decay and supporting tissue breakdown, we recommend that you brush with a fluoride toothpaste after meals, and floss at least once a day.

The Future: We expect several years of service from these restorations. However, over time, we have seen the following situations occur:

1. Slight stains may occur at locations around the juncture of the tooth restoration and the tooth. Often, we can remove these stains without redoing the restoration.
2. Slight chipping at the juncture of the tooth and restoration. Usually these chips can be smoothed Dr. Wolfson.
3. The gums (gingiva) may shrink from the restorations, displaying an unfavorable appearance underneath. This condition may require remaking the restoration or modifying the gums.

If you have further questions or persistent discomfort after your appointment, contact the office for instructions at 303-632-3622.