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Composite Resin Fillings

- ❖ Only chew softer foods in the area of the new filling, treating the tooth as if it were bruised, for several days following treatment.

- ❖ While numb, be careful not to bite or chew your tongue, or the inside of your cheeks or lips.

- ❖ The gum close to the restoration or at the anesthesia site may be tender for several days. Using a warm salt-water rinse several times daily will relieve discomfort and aid healing.

- ❖ Teeth heal slowly. During the healing process, you may experience pain to biting or hot/cold while the bruising inside the tooth heals. This is normal. The duration of sensitivity ranges from several days to several weeks. Gradual improvement indicates normal healing. In cases of deep fillings, sometimes the tooth does not heal on its own and requires additional treatment. This would be indicated by symptoms beyond what was described above. Contact us if you feel this is the case.

- ❖ If the bite feels high after the numbness wears off, contact our office for a follow-up adjustment appointment.

Call the office if you have any questions or concerns.