

## **White "Composite Fillings**

We may have used a local anesthetic to numb the area we have treated today. This numbness will last in your teeth, lips, cheeks, and tongue for several hours after the procedure. To avoid damage to your teeth, lips, cheeks, and tongue please avoid hot drinks and foods and any chewing until the numbness has completely worn off. If you are hungry we suggest a milk shake.

### **What if my filling is sensitive after treatment?**

It's normal to experience some sensitivity to cold, heat or bite after your filling appointment from anywhere between 2 days and 2 months. Look for the sensitivity to get better over a period of time. If the pain is keeping you awake, call one of the numbers listed below immediately. You can also expect some soreness in your gums for several days around the area that has been worked on. This is normal and due to the work that was done to repair the tooth. Although the tooth was numb during the treatment it still responds to the treatment with inflammation. Rinsing the area around your new filling with warm salt water (1 teaspoon salt in 1 cup warm water) will help to decrease discomfort and speed up healing time. [Advil](#) is recommended if the area is sensitive as it will help decrease inflammation from the treatment.

### **When will my new filling be ready to use?**

White fillings are completely set by the end of your appointment. As soon as the numbness wears off you may use your filling as you would any tooth. Although we have taken care to adjust your filling to fit your natural bite, it is difficult to achieve a perfect finish while you are numb. If you do notice and rough areas or your bite feels uneven (new filling feels high) after the numbing wears off, please contact our office for an adjustment so inflammation does not persist.

### **How long will my filling last?**

The durability of your new filling depends a lot on how well you take care of it. Your teeth and fillings are exposed to many conditions that can affect their life span but the most significant is bacterial infection or cavities. To insure that your teeth and new fillings have a long life brush regularly after you eat and floss.

Any Questions please call our office 598-GRIN (4746)