



# COMPOSITE FILLINGS



Only chew softer foods in the area of the new filling(s). Treat the tooth as if it were bruised for several days after treatment.

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



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

Healing time may be slow. During the healing process you may experience pain or sensitivity to biting or hot or cold temperatures. This is normal while the tooth is healing. The sensitivity can last from a few days to several weeks. In cases of deep fillings, sometimes the tooth does not heal on its own and may require additional treatment. Contact us if you feel this is the case.



If the bite feels high after the numbness wears off, contact our office to schedule a quick follow up appointment.