

Tej Orthodontics & Dental Care

SPECIALISTS FOR ADULTS AND CHILDREN

Instructions For After Composite Restorations - “Fillings”

Now that we've treated your tooth decay and placed your filling, it's important that you follow these recommendations to ensure its success.

- For about an hour or so following your visit, do not chew. Wait until numbness subsides before eating.
- Sensitivity is usually most noticeable the first 12-24 hours after the anesthetic wears off. Sensitivity, especially to cold, is common for a few days following a dental filling. Usually the deeper the cavity, the more sensitive the tooth may be.
- Children should be observed until the anesthetic wears off. Due to the strange feeling of the anesthetic, many children will chew the inside of their lips, cheeks, or tongue which can cause damage.
- The finished restoration may be contoured slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days.
- If after a week or two, your teeth feel they do not touch correctly, please call the office. This problem can be solved with a quick adjustment to the filling.
- Proper brushing twice a day and flossing once a day at home is important in preventing further tooth decay. Having your teeth professionally cleaned every 6 months, as well as an exam and x-rays, will help prolong the life of your restoration.