

Post-Op Instructions after Composite (white) Fillings

- When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb. It is recommended that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) before the anesthetic completely wears off. This will help with any swelling or pain at the injection sites where your anesthetic was administered. It will also help diminish any swelling in the nerve that may be existent (swelling often occurs in the nerve after cleaning out decay from the tooth).
- It is normal to experience some hot, cold and pressure sensitivity after your appointment. Your gums may be sore for several days. Rinse your mouth three times a day with warm salt water (put a teaspoon of salt in a cup of warm water, rinse and spit) to reduce pain and swelling.
- Your new composite fillings are fully hardened before you even leave the office; however, it is wise to chew on the opposite side from the location of the newly placed filling(s). One of the most common problems following filling placement with anesthesia, is an incorrect bite. If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please contact our office immediately to obtain help or advice.

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