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Composite Restoration Post Op Instructions

Here is some important post-operative information. If we used a local anesthetic to numb the area we treated, this numbness in your lips, teeth and tongue might last for several hours after the procedure. To avoid damage to your tongue and lips, you should avoid any chewing and hot liquid until the numbness has completely worn off.

White fillings set completely immediately after they are placed, so as soon as the numbness from the anesthetic subsides, you can chew as you would normally. If your bite feels uneven, or if you have any questions or concerns about your new filling, be sure to give us a call.

Please be aware of the following information regarding your new restorations:

- Avoid chewing excessively hard foods on the filled teeth (hard candy, ice, nuts, etc.) since composite resin material can break under extreme pressure.
- Sensitivity to hot and cold for a few weeks following a dental restoration is quite common. Generally, the deeper the cavity, the more sensitive the tooth may be
- The anesthetic injection site along with some irritation of the gum tissue during the procedure may result in some soreness for a few days.
- Your finished restoration may have a different texture than your original tooth and may be contoured somewhat differently. The tongue tends to magnify the small differences, but you would become completely accustomed to them within a few days.

IMPORTANT: Children should be observed and should not eat until all anesthetic has worn off. Due to remaining numbness and/or are mild swelling, children can accidentally chew the inside of their lips, cheeks, or tongue, possibly resulting in serious damage to those tissues.