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## **Post Op Instructions: Home Care after Receiving Composite Fillings**

We used a local anesthetic to thoroughly 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 until the numbness has completely worn off.

### **What if my filling hurts?**

It's normal to experience some sensitivity to heat, cold and pressure after your appointment. You can also expect some soreness in your gums for several days. Rinsing your mouth with warm salt water can help to alleviate discomfort and swelling. Dissolve a teaspoon of salt in a cup of warm water, and then gently swish the water around the tooth and spit.

If the soreness or sensitivity lasts for more than a week, please call our office.

### **Do I have to be careful with my fillings?**

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.