

## ***Composite (Resin or Tooth Colored) Fillings***

***We have done our best to provide you with the finest quality filling material. Your continuing care and follow up can assure long term success.***

### ***Sensitivity***

It is normal to have some limited sensitivity to heat, cold and/or pressure when chewing or biting down. If the sensitivity increases or if you have persistent pain, please call our office.

### ***Chewing***

Avoid any chewing until the numbness has completely worn off. Maintain a soft diet for the remainder of the day, even after the anesthetic has worn off.

### ***Anesthetic***

After having anesthetic, your lips and tongue may be numb for several hours. Be careful, it is very easy to bite or burn your lip, cheek or tongue. Avoid hot beverages until the numbness has completely worn off.

### ***Bite***

Your bite may feel different for a day or two. But if the bite feels high or uneven or if you feel discomfort when chewing call our office at 338-2992 for an appointment to make minor adjustments. A balanced bite is very important and delaying a necessary adjustment could damage your teeth.

### ***Oral Health***

Dental treatment is an investment in your oral health. The most significant reason for failure is inadequate return for examinations. With regular cleanings and check ups, your fillings should last for many years. Decay can reoccur, so it is important to brush at least twice a day and floss daily to maintain a healthy mouth.