



COURTSIDE *Dental*

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Post Operative Instructions Composite (White/Tooth Coloured) Restorations

- **Gum Soreness**

Your gums may be sore for several days, especially at the injection site and around the teeth that were treated. If needed, rinse your mouth 2-3 times a day with warm salt water (1/2 tsp of salt and one cup of warm water) to help with the discomfort.

- **Sensitivity**

It is normal to experience some hot, cold, and/or bite sensitivity for about 3-4 days following your appointment. It should decrease each day after this period. Usually the deeper the restoration, the more sensitive the tooth may be. If the sensitivity does not resolve, please call our office.

- **Uneven Bite**

In about a week or two after your appointment, you feel as if your bite is “high” or uneven or like you are closing down on the tooth/side that you had your fillings on first, please contact the office. One of the most common problems following an appointment for fillings is a “high bite”. Your jaw is very strong, and if the entire force of your jaw is closing down on a small area of a filling that is “high”, it can cause the ligaments that hold the tooth into the socket to become irritated. This will not resolve on its own and you will need to make an appointment for a quick bite adjustment.

- **Numbness**

Your new composite fillings are fully hardened before you leave the office, however you should avoid eating or drinking until the numbness wears away to avoid biting or burning yourself. When local anaesthesia has been used, your lip, teeth, tongue, and cheek may be numb for several hours after the appointment. Each person metabolizes the anaesthetic at different rates so it may wear away fairly quickly or it may take a few hours.

- **Home Care and Recall Exam and Hygiene Appointments**

Like a new set of tires, fillings do not last forever and they can wear and break down over time. Proper home care including brushing and flossing is recommended to help keep your teeth/fillings in the best condition. Having your teeth cleaned every 6 months with a recall exam and x-rays once a year will also help prolong the life of your fillings.