

Composite Filling Post Operative Instructions

Today you have had a composite filling placed. We use composite fillings to restore teeth with a minimum amount of removal of the tooth structure. The following are a few simple rules to following this procedure.

- You can chew on the filling immediately. You can eat whatever you wish after the procedure.
- You may notice slight sensitivity to hot and cold foods or drinks. This sensitivity usually decreases within a few days. If it does not decrease noticeably, contact the office.
- If it feels HIGH, come in and let me adjust it.
- If your gums are sore around the restored tooth, use warm salt water rinses (mix ½ teaspoon of salt in a glass of warm water) every hour for five minutes until they feel better.

If you are worried about your tooth for any reason, please let me know so I can determine if it is a response to treatment.