

Post-Care Instructions for Your New White (Composite) Filling

Composite fillings are hardened immediately before you leave the office. However, following these detailed instructions will ensure a comfortable recovery and help your filling last as long as possible.

Immediate Care: Right After You Leave

Wait Until the Numbness is *Completely* Gone.

The local anesthetic will keep your mouth numb for a few hours. Eating or chewing while numb can cause you to accidentally bite your cheek, lip, or tongue and injure the soft tissues.

Avoid Very Hot or Very Cold Items.

The filled tooth may be temporarily sensitive to temperature changes. Avoiding extremes helps prevent sharp, temporary pain.

Gently Chew Soft Foods for the First 24 Hours.

Even though the filling is hard, being gentle allows the tooth and surrounding gums to settle down and recover from the procedure

Sticky or Chewy Foods (e.g., caramels, chikki, toffy, gums)

These can pull or tug on the filling, causing discomfort or, rarely, pulling the material away from the tooth.

Avoid Highly Staining Drinks & Foods (e.g. Turmeric, coffee, tea, tobacco)

Limit these items or rinse your mouth with water immediately after consuming them.

Avoid Using Your Teeth as Tools (e.g., opening packages, biting pens/nails)

This habit can easily crack, chip, or break both the filling and your healthy tooth structure.

What to Expect

Normal Sensations (Expected)

Mild Sensitivity: A brief sensitivity to hot or cold is common, especially if the cavity was deep. This should gradually decrease over a few days or weeks.

Gum Soreness: The gum tissue near the filling may be slightly tender for a few days. You can rinse gently with warm salt water to help it heal.

Initial Rough Spot: Your tongue may exaggerate any new shape. This usually feels normal within a few days.

When to Contact the Office

Your Bite Feels "High": If the filling feels like the first part of your mouth to hit when you bite down, and this feeling persists for more than 24 hours, call us for a quick adjustment.

Severe or Worsening Pain: If you experience sharp, throbbing pain that doesn't go away or gets worse after the first few days, it needs to be checked immediately.

A Piece Came Out: If you notice a chunk of the filling is missing, or the area feels significantly rough or sharp, call us right away.

Long-Term Care: Keeping Your Filling Healthy

- **Brush Gently and Thoroughly:** Resume your regular brushing routine with a **soft-bristled toothbrush** and fluoride toothpaste twice a day.
- **Floss Daily:** Continue to floss once a day. Be gentle and *slide* the floss out from between your teeth rather than snapping it to avoid putting stress on the gums.
- **Prevent Grinding:** If you clench or grind your teeth (especially at night), talk to us about a **nightguard** to protect your filling and natural teeth from excessive wear.
- **Keep Your Appointments:** Maintain your regular check-ups and cleanings so we can monitor the filling and your overall oral health.