



## **Post-operative Instructions After Composite Fillings**

- Refrain from eating until the numbness has gone away so you do not chew on your cheek or your tongue.
- Your gum tissue may be slightly sensitive from having this treatment completed. If you are feeling some sensitivity in the gums around the tooth, rinse with warm saltwater. Mix a half cup of water to half teaspoon of salt.
- If you experience soreness from the injection site, you may take Motrin or Tylenol as needed.
- If you notice the chewing surface of the tooth was filled too high, we can make a small adjustment on that tooth to help. Call our office to reserve an appointment for this procedure.
- You may have some sensitivity to cold after the fillings are complete. This will dissipate.