

## Post-Operative Instructions: Composite Filling

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort:

- **Avoid eating until the anesthetic has worn off**, to avoid accidentally biting your lips, cheek, or tongue. Alternatively, you can drink liquids and foods such as smoothies or yogurts.
- **You can resume your normal diet**, but soft foods and eating on the other side of your mouth may feel more comfortable for the first 24 hours.
- **Composite fillings are fully set once placed** so there is no waiting period required before chewing against it. However, it is normal for the tooth/teeth to feel sensitive following the restoration so eat only what is comfortable to you and, if needed, chew on the other side for the first 24 hours.
- **Your tooth/teeth and gums may feel sensitive**, but this is normal and should subside over the next few days. This may include sensitivity to hot, cold and pressure. As long as the sensitivity continues to lesson there is no need for concern. If the pain is severe or you are unable to bite down on the tooth/teeth, please call our office.
- **Be careful when brushing and flossing**. It is important to continue your normal brushing and flossing routine, but it is normal for the tooth/teeth that have been worked on and surrounding gum tissue to be sore for the first 24-48 hours so gentle brushing and flossing of that area may be more comfortable. If you use an electric toothbrush, you can try turning off the brush and manually brushing that tooth gently if needed.
- **Rinse with warm salt water to reduce gum tissue soreness**. It is normal for your gum tissue to be slightly swollen or sore following this procedure. Use 1 teaspoon of salt per 1 cup of water and gently rinse and repeat this action 3-4 times per day for the first 1-3 days as needed. If a prescription rinse is prescribed to you instead, please use as directed.
- **Take medication** as instructed by the doctor: to reduce pain or soreness, Ibuprofen (Motrin or Advil) up to 800 mg every 6 hours can be taken unless you are allergic or have otherwise been instructed not to take it.

Please text/call our office at (805) 543-4770 if:

- If you experience severe pain or swelling that does not dissipate around the restoration site.
- If after the first 2-3 days, your bite feels uneven, or you are not able to bite down on the tooth without experiencing pain.

