



## *Post-op Instructions – White Composite Restorations*

Once you have restored your teeth with tooth-colored materials, these restorations will serve you well for several years. The resin material contains small “filler” particles of glass-like material for strength and wear resistance. They contain the finest and most up to date materials available today. However, you should be aware of the following information about your new restorations:

As with natural teeth, avoid chewing excessively hard foods on the filled teeth (hard candy, ice, etc.) because the resin material can break under extreme forces.

Composite fillings set up hard right away. There is no waiting time to eat. Children should be observed until the anesthetic wears off. Due to the strange feeling of the anesthetic, many children will chew the inside of their lips, cheeks, or tongue which can cause serious damage.

Sensitivity to hot and/or cold may occur for a few weeks following a dental restoration. Usually, the deeper the cavity, the more sensitive the tooth will be. If you feel the bite is not correctly balanced, please call for an appointment for a simple adjustment.

The gum tissue could have been irritated during the procedure and may be sore for a few days together with the anesthetic injection site.

The finished restoration may be contoured slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference.

When a tooth has a cavity, the dentist removes the decay and fills the hole with a filling material, the tooth supports the filling. The ideal filling is less than 50% of the tooth’s biting surface. This leaves half of the tooth to support the filling. When you get a cavity that takes up 50% or more of the tooth, a crown is indicated. A crown covers the entire tooth and holds the tooth together.