

Post-Operative Instructions for Composite Restorations

After about 30 to 90 minutes, the effects of anesthesia will begin to wear off. You should avoid eating or chewing until your numbness disappears because it's easy to bite down on your tongue or lip without feeling it. You should also keep an eye on your child until the anesthetic wears off- kids tend to chew on their cheeks, lips, or tongue because of the strange feeling they experience.

Typically, we can properly adjust your bite when your filling(s) are placed. However, the anesthesia can sometimes make it difficult to detect your "true" bite. If you feel that your smile needs adjusting after the anesthesia wears off, contact our dental office right away. Postponing needed adjustments can lead to discomfort and bruising of the ligament around the tooth.

Once the composite restoration is finished, it's normal to feel hot, cold, or pressure sensitivity. However, the level of sensitivity you feel will vary based on how deep the decay is. Over-the-counter pain medication and desensitizing toothpaste can help with any soreness or discomfort you may experience.

It's also normal for the injection site and/or gum tissue surrounding the affected area to feel sore. Rinsing your mouth 3 times a day with a teaspoon of salt mixed into a cup of water can reduce swelling and pain.

The final restoration may feel different in texture compared to the rest of your smile, which your tongue will gravitate toward, however you will quickly grow accustomed to it. Be sure to follow our oral hygiene instructions making sure that you brush twice a day and floss once a day to minimize your risk of decay or disease.

If you have any questions, contact our dental office today!