

### **Home Care Instructions – Fillings**

These instructions are meant to help answer any questions you may have after treatment is over. They are not meant to guarantee prevention of complications or pain after treatment. These are general guidelines that should be closely adhered to unless otherwise notified by your doctor.

1. Sensitivity can be normal following composite filling placement and can last for a couple of days, sometimes a couple of weeks, and in rare cases longer than that. If sensitivity is impeding your lifestyle and the sensitivity does not appear to be getting better with time, please call our office for an evaluation.
2. Numbness will last for anywhere between 2-4 hours after treatment is over. Please be very careful when eating anything during this time as you may injure you lip, tongue, cheek, gums, or teeth.
3. There are no dietary restrictions once the anesthesia has worn off. The filling will be completely set by the time you leave our office.
4. If your bite feels like you are “hitting” on the filling ONLY, please give our office a call to have a simple adjustment made. The filling material will not wear down on its own.
5. Brush your teeth as normal.

Feel free to call with any questions or concerns. A member of our team would be more than happy to address your needs. **PHONE #: 314-638-2121**