

POST-OP INSTRUCTIONS

Composite Fillings (white fillings)

When an anesthetic has been used, your lips and tongue may be numb for several hours after the appointment. Avoid any chewing and hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue or lip while you are numb. It is normal to experience some hot, cold & pressure sensitivity after your appointment. Injection sites may also be sore. Ibuprofen (Motrin), Tylenol or aspirin, whichever you can take, work well to alleviate the tenderness. If pressure or sensitivity persists beyond a few days or if the sensitivity to hot or cold increases, contact our office.

You may chew with your composite fillings as soon as the anesthetic completely wears off, since they are fully set when you leave the office. If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please call our office at 1-616-949-2720.

Make sure children do not chew their cheeks or their tongue while they are numb because their mouth “feels funny” as the tissues may become raw and will hurt when they are no longer numb.