

## **POST PROCEDURE INSTRUCTIONS** **AFTER COMPOSITE FILLING**

- ❑ Composite fillings set up hard right away with the blue light (curing light) so no restrictions/wait time for eating. You can eat immediately but if local anesthesia has been given to you then wait for the effect of anesthesia to wear off before you eat.
- ❑ Avoid chewing excessively hard foods on the filled teeth such as hard candy, ice, etc. because the resin material can break under extreme forces.
- ❑ You need to come for final polishing of the fillings after 48 hours (in case of front teeth fillings)
- ❑ Front teeth composite fillings need maintenance. Besides your routine brushing and flossing, you need to come to clinic to get them polished as some discoloration of fillings tends to happen over a period of time. You may come for the same annually or whenever you find the change in colour of fillings. The recall appointment for polishing of fillings would be chargeable at Rs 500/- per tooth.
- ❑ Sensitivity to extreme hot and cold may occur for a few weeks especially in case of deep cavities, which will subside with time. If it continues or bothers you then report to clinic.
- ❑ It is important that the bite is correctly balanced in order for the sensitivity to improve. If the bite does not feel even with other teeth, then please call for an appointment for a simple adjustment.
- ❑ The gums around the filled tooth could have been irritated during the procedure and may be sore for a few days along with the site of injection.