



CHARLES A. SMITH, DDS & ASSOCIATES

Specialists for Aesthetic Dentistry

POST OPERATIVE INSTRUCTIONS: FILLINGS

- White composite fillings set quickly so chewing is permissible right away.
- The gum tissue close to the restoration or at the anesthesia site may be tender for several days. A warm salt water rinse will relieve discomfort and aid healing.
- While numb avoid biting or chewing your tongue, or the inside of your cheeks or lips. **It is very important for parents to watch children closely after treatment!**
- Immediately after restoration, you may experience some slight sensitivity to hot or cold, this is normal, but should disappear quickly.
- It is not uncommon for deep restorations to be cold sensitive for 1 or 2 months. If discomfort worsens over time or becomes heat sensitive, contact the office.
- If your bite feels higher than normal or is bite sensitive, contact our office for a follow-up adjustment appointment.

*We believe in **preventative pain control**. Before having pain or discomfort we advise taking analgesics:

Adults: 800mg *Ibuprofen* (Advil) or 220mg *Naproxen Sodium* (Aleve)
1000mg *Acetaminophen* (Tylenol)

Children: Children's Tylenol (follow instructions)

*Unless medical conditions contraindicate use of these medications