

Restorative Dentistry (Composite resin fillings, bonding, etc)

Follow all home care instructions as provided by your dental team. They provide individualized instructions to help you best care for YOUR mouth.

It is important to adhere to your recommended follow-ups and hygiene maintenance appointments, so that we can properly monitor and promote the success of your oral and overall health.

- You can expect your **numbness** to last for one to three hours following your procedure.
 - **While your numbness lasts:**
 - Avoid all chewing and all hot foods and liquids
 - This will prevent accidental burning or biting of your lips, tongue or cheek.
 - It is common to feel **soreness or “bruising”** in the gum area where filling was completed, the area of the injection site, and soreness and fatigue in your jaw joints and muscles. This usually only lasts for 24-48 hours and can be managed with your typical over-the-counter pain medication (i.e. ibuprofen, acetaminophen, etc).
 - It is common to experience **minor sensitivity to temperature and pressure** for about a week.
 - **For large fillings**, you may experience sensitivity for up to two weeks. This discomfort tends to slowly subside over the two week period.
 - If you experience any symptoms that seem unusual **or if you notice a difference in the way your bite “fits”**, contact us as adjustments may be needed.
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- Continue to practice optimal oral hygiene efforts at home.