

Douglas M. Johnson DMD

*Family Dentistry*  
ORTHODONTICS & COSMETIC DENTISTRY

## *After Care Instructions*

### **Composite Fillings**

- ◆ Your filling was hardened with the use of a high intensity light, so you may begin to use it right away. It matches your tooth color, so you may not be able to see it.
- ◆ You may experience some sensitivity the first few days following your treatment. This should diminish gradually over time.
- ◆ If you have been given anesthetic, it should wear off in a few hours. Please be careful not to bite your cheek or tongue. Also, do not eat or drink anything extremely hot or cold until the anesthetic has completely worn off.
- ◆ Your bite should feel normal when the anesthetic wears off. If sensitivity to hot, cold or biting pressure persists longer than one week, please call our office for a follow-up evaluation and/or simple adjustment of the bite.
- ◆ The surface texture of your filling may feel a little different at first but will become smoother with use.
- ◆ Do not chew extremely hard or crunchy foods with your new restoration. Also, do not bite anything with your teeth that can damage them (such as nails, paper clips, pens etc.).
- ◆ Meticulous cleaning of your filling is vital to its longevity. To prevent new decay, they must be kept plaque free with daily brushing and flossing. We recommend professional maintenance and evaluation at least twice a year to prevent problems.

*When in doubt, call us. Your comfort and care is our top priority. We're always available – even evenings and weekends – so call us at (541) 928-5414 (Albany) or (503) 394-3345 (Scio).*