



Composite Fillings (white fillings) Home Care Instructions

When an anesthetic has been used, your lips and tongue may be numb for several hours after the appointment. Make sure to avoid any chewing and any hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue or lips while you are numb.

It is normal to experience some hot, cold & pressure sensitivity after your dental filling appointment. Injection sites may also be sore. Ibuprofen (Motrin), Tylenol, or aspirin (one tablet every 3-4 hours as needed for pain) works well to alleviate the tenderness.

If pressure sensitivity persists beyond a few days or if the sensitivity to hot or cold increases, contact our office at [Court Street Office Phone Number 603-352-0118](tel:603-352-0118).

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 (603) 352-0118.