



Composite (Tooth Colored) Fillings

Take Home Instructions

We have restored your tooth or teeth with tooth-colored materials. The resin (plastic) material used contains small "filler" particles of glass-like material for strength and wear resistance. These restorations will serve you well for several years. They contain the finest and most up-to-date materials available today. Please be aware of the following information about your new restorations:

- **Avoid** chewing excessively hard foods on the filled teeth (hard candy, ice, raw carrots, etc.) because the resin material can break under extreme forces.
- **Wait** until the anesthetic wears off. Due to the strange feeling of the anesthetic, many people (especially children) will chew the inside of their lips, cheeks or tongue which can cause serious damage. Composite fillings set up hard right away. However, wait until the "numbness" wears off.
- **Sensitivity** to hot and cold is common for a few weeks following a dental restoration. *Usually, the deeper the cavity, the more sensitive the tooth will be.*
- If you feel the **bite** is not correctly balanced, please call for an appointment for a simple adjustment.
- **Gum tissue** *could* have been irritated during the procedure and may be sore for a few days together in addition to the anesthetic injection site.
- **The restored tooth** may be contoured slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days.
- **Proper brushing, flossing, and routine checkups and hygiene visits** are essential to the long-term stability and appearance of your restorations. Often, problems that may develop with the fillings can be found at any early stage and repaired easily, while waiting for a longer time may require more extensive treatment.

Interesting Fact

When a tooth has a cavity, the dentist removes the decay and fills the hole with a filling material; the tooth supports the filling. The ideal filling is no more than 50% of the tooth. This leaves half the tooth to support the filling. When you get a cavity that takes up 60% or more of the tooth, a crown is indicated. A crown covers the entire tooth and holds the tooth together.

Remember that any tooth that has had a large filling or crown may at some point need a root canal. Symptoms may include hot or cold sensitivity, pain on pressure or biting, loose tooth, swelling or a sore on the gum near the tooth. If any of these appear, please have us check the tooth.