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## Post-Op Instructions Following Composite (White) Fillings

- When anesthesia has been used, your lips, teeth and tongue may be numb for several hours following the appointment. Avoid any chewing until the numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb. We recommend that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) before the anesthetic completely wears off. This will help with any swelling or pain.
- It is normal to experience some hot, cold and pressure sensitivity after your appointment. Your gums may be sore for several days. Rinse your mouth three times a day with warm salt water (put a teaspoon of salt in a cup of warm water, rinse and spit) to reduce pain and swelling.
- Your new composite fillings are fully hardened before you leave the office. However, you should chew on the opposite side from the location of the newly placed filling(s). One of the most common problems following filling placement with anesthesia is an incorrect bite. If your bite feels uneven, if you have persistent pain, or if you have any other question or concerns, please contact our office immediately at (301) 972-0260.