



Tooth-Colored Restoration (Composite)

We have placed tooth-colored restorations in your teeth. The resin material used is a plastic with small “filler” particles of glass-like material, the finest and most up-to-date materials available today. These restorations will serve you well for several years. However, you should be aware of the following.

Chewing:

- As with natural teeth, avoid chewing excessively hard foods (or objects) on the restored teeth (hard candy, ice, raw carrots, etc.) as extreme force can cause the resin material to be broken from the tooth just as a natural tooth can be fractured. In the event that a breakage occurs, replacement of a restoration is not difficult, but a crown may be necessary.
- Your anesthetic may last several hours: please be careful not to bite your lips, cheeks or tongue while they are numb (also watch your child if they were anesthetized for their fillings).
- Your bite will feel different for approximately 1 week. Your tongue will magnify the tooth shape difference and this too will accommodate itself in approximately 1 week. If your bite or the shape of the tooth is such that you cannot accommodate it after a week, please contact us so we can make an appointment to adjust your filling.

Sensitivity:

- Sensitivity to cold is normal and may last for several months. Some sensitivity to warm/hot is experienced by some people. Most sensitivity disappears once you swallow. In general, the deeper the filling, the more sensitivity you will experience. Your gum tissue may have been irritated during the procedure and may be sore for a few days.

Recalls:

- Visit us at regular 3, 4 or 6 month examination periods. We will notify you of the interval that will meet your needs best. Often problems that are developing around the restorations can be detected at an early stage and repaired easily. Waiting a longer time may require redoing the entire restoration and may dictate additional treatment, such as a root canal and/or a crown.

Preventive Procedures:

- To provide optimum longevity for your restorations and to prevent future dental decay and supporting tissue breakdown, please brush and floss after eating and before bedtime. In addition, swish with a fluoride mouthwash vigorously for at least 30 seconds daily (such as ACT that can be purchased over-the-counter).

Thank you for allowing us to restore your smile!