

Long Family Dental

AFTER CARE INSTRUCTIONS FOR: COMPOSITE FILLINGS

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

It is normal to experience some hot, cold and pressure sensitivity after your appointment. Injection sites may also be sore. A mild pain medication (Tylenol or Ibuprofen (Motrin) every 4 – 6 hours) works well to alleviate the tenderness. If taking prescription pain medication, consult with Dr. Long before taking over the counter pain medication in conjunction. If pressure sensitivity persists beyond a few days or if the sensitivity to cold or hot increases, contact our office.

You may chew on 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.