

Robstown Dentistry

POST OPERATIVE CARE AND INFORMATION FOLLOWING COMPOSITE (white/tooth colored filling) RESTORATIVE TREATMENT

- This material is already hardened with the use of the high intensity light. You may begin to use it right away.
- A healthy diet with a low sugar intake will help prevent the decay and breakdown of your restoration. Additionally, try to reduce or eliminate soda pop (sugar or sugar free) and other foods (like citrus) that have a high acid content. To help reduce staining you may want to limit foods and drinks that cause staining such as coffee, tea, red wine and tobacco.
- You may experience some minor discomfort the first few days following your treatment. This should diminish gradually over time. It is normal for the tooth or teeth to be tender when the anesthetic wears off. To help alleviate this, take a dose of pain medication. Tylenol, aspirin, or Ibuprofen will all work. If the tooth is still sensitive, additional doses may be necessary.
- If you have been given an anesthetic, this should wear off in a few hours. Please be careful not to bite your cheek or tongue. Also, do not eat or drink anything extremely hot or cold until the anesthetic has completely worn off.
- The bite should feel normal when the anesthetic wears off. If sensitivity to hot, cold or biting pressure persist longer than one week, please call our office for a follow-up evaluation and/or simple adjustment.
- The tooth will look natural in color, so you may not be able to notice the restoration.
- The surface texture and consistency may feel a little different at first but, will smoothen with use.
- We recommend professional maintenance and evaluation at least twice a year. If you have had a periodontal (gum disease) problem, in the past, you should see us a minimum of four times a year.

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- Do not bite anything with your teeth that can damage them (such as finger nails, thread, fishing line, paper clips, pens, ice cubes, popcorn kernels etc.). Clenching and grinding will also destroy resin restorations quickly due to the excessive pressure they subject the restoration to.
- Proper care includes BRUSHING, FLOSSING and RINSING WITH WARM SALT WATER a minimum of twice daily. Proper maintenance will not only prolong the life of the restoration but will also help to prevent problems elsewhere in your mouth.

Congratulations! You have just received the most advanced, state-of-the-art adhesive, tooth-colored restorative material available today. We are pleased that you are as committed to high quality dentistry as we are and it is our privilege to provide this service for you. Please call us if you have any questions. At Christi Dental Center we care about you and want you to be as comfortable as possible.