



### *Post –op Instructions for Composite Fillings*

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

*It is normal to experience some hot and cold sensitivity after your appointment. Please be patient with any sensitivity to cold. Any new filling could be sensitive to cold for an extended period of time. Injection sites may also be sore. Ibuprofen (Motrin), Tylenol or aspirin work well to alleviate tenderness. If pressure sensitivity persists beyond a few days or if the sensitivity to hot or cold increases; contact our office.*

*You may chew with your composite fillings as soon as the anesthetic wears off, since they are fully set when you leave the office.*

*If your bite feels uneven, if you have persistent pain, (other than cold sensitivity) or if you have any other questions or concerns, please call our office at 614-476-6696.*