



POST-OPERATIVE INSTRUCTIONS

After a Composite Filling

Restorative · Cisco Dental — Dental Fitness

Your tooth-colored filling is fully set before you leave, so you may chew whenever your numbness is gone. A little sensitivity as the tooth settles is normal and almost always temporary.

While you are numb

- Wait until full feeling returns (usually 2–3 hours) before eating so you don't bite your cheek, lip, or tongue.

Sensitivity

- Mild sensitivity to cold, pressure, or sweets for a few days — sometimes a couple of weeks — is normal as the tooth recovers.
- An over-the-counter anti-inflammatory such as ibuprofen, taken as labeled, helps if needed.

Your bite

- If the filling feels high or your bite feels 'off' once the numbness fully wears off, call us — a quick, painless adjustment prevents soreness and protects the filling.

Everyday care

- Brush and clean between your teeth normally.
- Composite fillings do not stain easily, but limiting coffee, tea, red wine, and tobacco keeps everything looking its best.

When to call us

Call our office at (254) 442-2000 if you experience any of the following:

- Bleeding that does not slow with steady pressure after 45–60 minutes
- Swelling that worsens after the third day rather than improving
- A fever, chills, or a bad taste/odor that does not resolve
- Pain that increases after day 3, or is not controlled by the plan below
- Any reaction to a prescribed medication (rash, hives, trouble breathing — for breathing trouble, call 911)