

# Composite Restoration

## Post-Operative Instructions

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- Take caution not to bite or chew on your cheeks, lips, and tongue for they may be numb for several hours following your appointment.
  - Do not apply excessive forces on the restoration in the first 6 hours after the appointment. Avoid chewing hard, crunchy, or sticky foods on the side of the mouth with the restoration during this time.
  - Tooth-colored fillings may be slightly sensitive for up to 6 months.
  - It is normal for your gums to possibly be sore and bleed for a few hours following the appointment. To ease discomfort rinse with warm salt water (teaspoon of salt in warm water, swish & spit).
  - After the procedure, take Aspirin<sup>®</sup>, acetaminophen (Tylenol<sup>®</sup>), or ibuprofen (Advil<sup>®</sup>) on an as-needed basis. Confirm with your family doctor if you have any medical conditions that preclude certain analgesics.
  - Call the office if your bite does not feel normal once the anesthetic wears off. We can simply adjust your bite without getting you numb again.
  - Call the office if you have pain in the tooth/teeth that wakes you up at night.
  - Call the office if your cheeks/face become swollen.
  - If you have any questions or concerns, please contact us at [www.publish.uwo.ca/~kzhou54](http://www.publish.uwo.ca/~kzhou54) or call 519-661-3326 Ext. 89380
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