

## **Post-operative Instructions - After Composite (Tooth-Colored) 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. You may chew with your composite fillings as soon as the anesthetic completely wears off, since they are fully set when you leave the office.

It is normal to experience some hot, cold & pressure sensitivity after your appointment. It is normal for this to last 3-4 weeks (or longer) **as long as symptoms are steadily improving.** **Injection sites may also be sore. Ibuprofen(Motrin), Tylenol or aspirin work well to alleviate any tenderness.**

**If your bite feels uneven or you have persistent pain (that is not improving) pain that is worsening, or if you have any other questions or concerns, please call our office at (919)518-0540 to speak with one of our clinical assistants, Erin and or Jordan. You may also email us at [frontdesk@vprestondental.com](mailto:frontdesk@vprestondental.com)**