



COMPOSITE
POST OPERATIVE
INSTRUCTIONS

1. Some post operative sensitivity may occur for the first 24 to 48 hours after a composite restoration has been placed. Mild pain relievers such as aspirin, Tylenol, or Advil, should relieve this discomfort. Patients experiencing discomfort not relieved by mild pain relievers or experiencing discomfort for more than two days should call our office.
2. People bite differently when they are numb. Your bite was adjusted to the best of our ability while you were anesthetized. If, when the feeling returns, the bite feels incorrect, you should call for a 'five minute bite adjustment'. This is important because an incorrect bite may cause toothache or sensitivity.
3. You may chew on this filling as soon as the numbness wears off. The filling is completely hardened. However, you may want to refrain from eating until full feeling returns to avoid biting your lip, cheek or tongue.
4. Smoking, drinking coffee, tea or red wine tends to discolor composite fillings. Patients who enjoy these things should have their teeth cleaned more frequently to lengthen the life of the filling. We suggest seeing our hygienist every four months to avoid staining from being incorporated deeply into the filling.
5. Biting hard on thin front fillings may cause fractures. Composite fillings look great, but aren't as strong as teeth. Biting pencils, fingernails, fishing line, thread, and beef jerky have been known to fracture composite fillings. Use common sense to protect your fillings.

Grinding your teeth at night may cause fillings to fracture. Studies show people grind harder in their sleep and may crack fillings, fracture teeth, and damage their jaw joint.

If you think you grind your teeth at night, have a protective bite guard made. It will save you thousands of dollars of treatment over its lifetime.

WHERE ART MEETS SCIENCE

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