

Composite Fillings

It is normal to experience some sensitivity to chewing/pressure and hot/cold temperatures after fillings. The length of sensitivity varies per person. It may subside in as little as a few days or could last an undetermined amount of time.

As with natural teeth, avoid chewing excessively hard food on the filled teeth (hard candy, etc) because the resin material can break under extreme forces.

Composite fillings set up hard right away. There is no waiting time to eat.

Be very careful until the anesthetic has worn off. You can cause serious damage to the lip, cheek, or tongue if you decide to eat while numb. Also, be careful you do not burn yourself with hot liquids. It is okay to drink liquid while numb and if hungry, pick foods that don't require chewing (yogurt, pudding, jello etc).

Sensitivity to hot and cold is common with dental restorations. Usually, the deeper the cavity, the more sensitive a tooth will be. If you feel the bite is not correctly balanced, please call our office to schedule and appointment for a simple adjustment.