

## **Reuss and Reuss Dental**

### **Post Operative Instructions: Composite Filling**

You just had a composite filling. The decay in your tooth was cleaned out and the remaining space was filled with a tooth colored filling material that was bonded in. You can promote faster healing and avoid complications by knowing what to expect and following these simple instructions.

**Healing:** After a filling is done, your tooth may be sensitive to hot or cold for 1-2 days. This may be normal and the nerve may just need some time to heal. If sensitivity persists or if the tooth is sensitive to biting pressure, please call our office. The filling may just need a simple adjustment.

**Pain:** You may take an over-the-counter pain medication such as, Ibuprofen, Motrin, Advil, or whatever pain reliever you would use for a headache. If you choose to do this, it is best to take one before the anesthetic has worn off.

**Nausea:** This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pill with a small amount of soft food, then taking the pill with a large amount of water. Staying in a reclined position also seems to settle the stomach.

**Numbness:** The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. After the anesthetic wears off, you may notice that your bite feels different. If you notice that you are hitting heavy on a tooth that had a filling done or one tooth before the other teeth, call our office. You may need to have the bite adjusted.

**Brushing:** It is important to keep your teeth clean. Please brush and floss as directed.

**Jaw Joint Pain:** Your jaw may be sore from holding your mouth open during surgery. Massage jaw muscles gently and eat soft foods. Do not over extend opening your mouth, as it can further aggravate this area.

**Follow-Up Appointment:** You will not be scheduled for a follow up appointment after fillings are done; however, if you find that you are hitting heavy on a tooth that was worked on, or you are having pain or sensitivity, please call our office to make an appointment for us to check the tooth.

**If you have any further questions or problems please call: 530-365-4581**

**drreuss.com**