

After Composite Fillings (white 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.

It is normal to experience some hot, cold & pressure sensitivity after your appointment. Injection sites may also be sore. Ibuprofen, Paracetamol or aspirin (one tablet every 3-4 hours as needed for pain) work well to alleviate the tenderness. If pressure sensitivity persists beyond a few days or if the sensitivity to hot or cold increases, please do not hesitate to contact us.

You may chew with your composite fillings as soon as the anaesthetic completely wears off, since they are fully set when you leave the practice.

If your bite feels uneven, if you have persistent discomfort, or if you have any other questions or concerns, please contact us.