

## **Post operative instructions for white/composite fillings**

- Wait until the anesthetic completely wears off before eating, especially for children, to prevent biting the cheeks or tongue. Liquid diet is okay.
- It is normal for the tooth to be sensitive to hot and cold temperatures depending on how deep your cavity was, which may last for several days to a few weeks.
- Over-the-counter pain relievers, such as ibuprofen or acetaminophen, can be taken if needed and if suitable to you.
- The area around the filling or where the injection was given may be sore for a few days.
- If the bite feels uneven, or if sensitivity continues for more than a few weeks contact your dentist.