



Tooth Colored/White Fillings Post Op Care

You have just had your tooth/teeth restored/bonded with a filling material that is tooth colored. Care has been taken to try to match and blend the filling with your existing teeth. Here are some guidelines to keep in mind to increase the longevity of these new fillings.

1. Chewing extremely hard or crunchy things damages your teeth and your fillings alike. Avoid chewing hard candy. Don't use your teeth to rip things open.
2. It is not uncommon to experience some slight sensitivity for a short period of time after you get your fillings done. But things should get better. If your sensitivity persists or gets more intense, give us a call.
3. Your "bite" was adjusted while you were still numb. Over 95% of the time no further adjustment is necessary. However, if your bite feels "off" or otherwise uncomfortable after the numbness is gone, give us a call.
4. You may find small white or clear looking particles after flossing for the first night or so. This is simply excess bonding agent which is flaking off and is not a concern.
5. White fillings sometimes pick up stain and need to be re-polished. This is fairly easy to do. Heavy staining or discoloration can be fixed by replacing the bonding.
6. If your filling/bonding develops a bump or a rough spot in it, it can be reshaped and polished.
7. Brush and floss to ensure a long lasting set of teeth and fillings.
8. Call us with any questions.