

Instructions for Composite (tooth colored) Fillings

- wait for numbness to wear off before eating
- call the office if the filling feels "too high"
- brush and floss as usual
- expect some mild sensitivity for several days after the filling is placed
- call the office if sensitivity persists
- avoid chewing very hard foods such as ice, popcorn kernels, nuts, hard candy, pens, etc. to prevent chipping or breaking of filling