Clear Dental
cosmetic dentistry and invisalign

中文 02 9283 6220
info@cleardental.com.au · cleardental.com.au

AFTERCARE INSTRUCTIONS · RESTORATIVE DENTISTRY

CD-P14

After your Composite Filling

Keep this letter handy for the next two weeks. If anything worries you, call us. We would rather hear from you early.

PATIENT NAME _____ DATE OF TREATMENT _____

TREATING DENTIST _____ NEXT APPOINTMENT _____

Dear patient,

Your composite filling has been placed and set. You can eat as soon as the numbness has gone.

01 While numb

- Numbness usually lasts 2 to 5 hours. Do not eat, chew or drink anything hot until feeling returns, to avoid biting or burning your lip, cheek or tongue.
- Supervise children closely. Children often chew or suck a numb lip, which causes painful swelling and ulcers.

02 After your filling

- Sensitivity to cold and biting for a few days is normal, especially with deep fillings. A sensitive-teeth toothpaste helps.
- Your gum may be tender where a clamp or band was placed. Warm salt water rinses help.
- Composite can stain. Limit tea, coffee and red wine and do not smoke.
- Avoid biting hard objects such as ice, pens and nails, which can chip the filling.

Call us if you have

- Your bite feels high or uneven once the numbness wears off
- Sensitivity gets worse, lingers after cold, or you develop throbbing pain
- The filling chips, cracks or falls out

Emergency: If you have difficulty breathing or swallowing, rapidly spreading swelling, or bleeding you cannot control, call 000 or go to your nearest hospital emergency department.

→ Follow-up

We will check your filling at your next routine check-up.

Warm regards,
The Clear Dental team

We're here to help

Call your nearest clinic on the numbers listed at the foot of this page (中文 02 9283 6220) or email **info@cleardental.com.au**. Open 7 days across 9 clinics. In a medical emergency call 000.