

AFTER YOUR RESIN RESTORATION

You have received a tooth-colored resin filling to replace the portion of your tooth that has been damaged by dental decay or fractured accidentally. We are providing these instructions to help you maintain your filling for years to come.

EATING AND DRINKING

Please avoid chewing solid food until the numbness has worn off completely. If you are hungry you can drink a milkshake or other liquid. You may notice quick sensitivity to hot and cold when eating or drinking. This is a normal response to the new filling. Avoid eating ice or popcorn kernels as they can cause a filled tooth to fracture. Also avoid using your front teeth as tools. Do not bite anything but food with your teeth. Avoid sipping power drinks and colas as the acid in these drinks can cause the resin fillings to break down. Also avoid excessive intake of food and drink that cause staining, such as coffee, tea, brown colas, red wines, and chocolate.

BRUSHING AND FLOSSING

Continue with your normal home care routine. Brush in the morning after breakfast, and floss and brush before going to bed.

CALLING OUR OFFICE

Tooth sensitivity is a common side effect following the placement of a tooth-colored resin restoration. If the sensitivity worsens or continues beyond two weeks, please contact our office for a complimentary healing check. If your bite feels strange or uneven please call our office for a complimentary bite adjustment appointment. It is very important that your bite be normal. If you have any other questions or concerns, please us at (706) 796-6269.