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## COMPOSITE FILLING POST-OP INSTRUCTIONS

Today we have placed a tooth colored composite restoration (filling). Upon leaving the office, the filling is fully hardened. While you are able to chew on this area immediately, we would advise to avoid the area(s) while the anesthetic is still under effect. This will avoid further trauma.

You should expect post-operative inflammation and discomfort. We recommend taking (1) 500 mg Tylenol (acetaminophen), along with (3) 200 mg Ibuprofen (Advil).

Gums and tissues in the area of the filling will be sore for a few days after. We recommend a warm salt water rinse (half inch of water with a pinch of salt). We advise rinsing for 10 seconds 3+ times a day for a week following the procedure.

Post-operative sensitivity to hot, cold, and biting is not uncommon. This should dissipate in about 2-3 days. If discomfort persists after several days, please contact the office at 402-556-7794.

It is imperative that the occlusion (bite) is correct following the restoration. If your bite feels off DO NOT think the restoration will adjust to your bite. Please call the office and allow us to adjust the filling so the bite will be correct. This will take less than 10 minutes.