



Great Smiles by Dr. Forest & Team

JOSEPH E. FOREST, JR., D.D.S.

COMPOSITE RESTORATIONS

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- ❖ Composite restorations are fabricated with a tooth-colored material that hardens upon completion, enabling you to chew right away. However, if anesthetic was used, you may want to wait until it wears off to avoid possible damage to the soft tissues of the mouth.
- ❖ If your restoration includes the incisal (biting) edge, do NOT bite on anything you are not going to eat (i.e., fingernails, pens, rocks, etc.).
- ❖ Continue to brush and floss properly.
- ❖ Sensitivity to cold is common following any restorative procedure. Usually, the deeper the cavity, the more sensitivity you may experience. It is generally most noticeable 12 to 24 hours after the anesthetic wears off.
- ❖ Your gum tissue may have become irritated due to rubber dam isolation or the procedure itself, and may be sore for a few days. Saltwater rinses several times per day, using an 8 oz. glass of warm water with a teaspoon salt, may be helpful.
- ❖ If you feel your bite is not balanced, or if sensitivity persists at the same level for more than four to five days, please call the Office.
- ❖ Please do not hesitate to call the Office if you have any concerns.