

### **After-Care Instructions: Fillings**

- ☺ If anesthetic was used to do your fillings, be careful not to bite or chew your lip or tongue. Now that we are exclusively using composite material for fillings, in some cases analgesia will not be used.
- ☺ Due to the composite filling being hardened by an ultraviolet light there is no waiting period before you eat.
- ☺ Your new filling may be sensitive to hot and cold for a while, possible up to six to eight weeks. Normally with the composite fillings you do not have these symptoms. If you do have these symptoms, please call our office.
- ☺ You may experience some slight gum soreness immediately following treatment. Simply rinse occasionally with warm salt-water.

If your filling feels slightly high or uncomfortable, please let us know. Call or come by so Dr. Markusen can easily adjust it for you in just a couple of minutes.

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