

# Composite (White) Filling Instructions

We have restored your teeth with State of the Art Tooth-Colored Bonded Composite Fillings. These restorations will serve you well for several years. However, you should be aware of the following information about your new restorations.

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## What you can expect:

- As with natural teeth, avoid chewing excessively hard foods (*hard candy, ice, etc.*) because the resin material can break under these extreme forces.
- Composite fillings set up right away, so there is no waiting time to eat or drink, however please wait until your numbness wears off completely so you don't bite your lip!
- Sensitivity to hot and cold is common for a few weeks following tooth colored fillings. Usually, the deeper the cavity, the more sensitive the tooth will be. If you feel the bite is not balanced correctly, please call us for a simple adjustment.
- The gum tissue could have been irritated during the procedure and may be sore for a few days. Rinsing with warm salt water (*1/4 tsp mixed in a glass of warm water, rinse several times per day*) or perioguard rinse, will return your gums to optimum health.

Dr. Michael Dolby | 208.323.8545



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- The completed restoration may be contoured slightly different along with having a different texture than the original tooth. Your tongue usually magnifies these small changes, however this will pass in just a few days.
  - Proper brushing, flossing, and regular 6-month (minimal) cleanings are essential to the long-term stability and appearance of your fillings. Often, problems that may develop can be found at an early stage and repaired easily, while waiting may require more extensive treatment.
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## Warranty:

- For a period of 2 years from the date of service, we will replace the filling due to breaking at no cost to the patient. *(This does not include recurrent decay from lack of hygiene or accidents that would break normal / healthy teeth)*
- This warranty is null and void if the patient does not maintain their continuing care cleaning appointment schedule.

If You Have Any Concerns or Questions,  
Please Do Not Hesitate To Call our Office at 208.323.8545

