



## After Dental Treatment Instructions Following Composite (Tooth-Colored) Fillings or Silver Fillings

*Personalized Experience...Extraordinary Care.*

Congratulations to you for your commitment to your oral health. These instructions are provided for you to create a more comfortable after treatment experience. Please feel free to contact us during regular office hours (or anytime for an emergency situation) for any additional information or instructions.

- Eat soft foods and be careful chewing until the numbness wears off.
- Sensitivity to hot/cold foods is likely to occur and varies for every patient.
- Sensitivity lasts 2 to 3 weeks but can last 6 to 8 weeks and even up to 16 weeks.
- If sensitivity increases or seems unusual, additional treatment may be needed, including possibly root canal therapy.
- Ibuprofen (up to 2400 mg) a day can be taken to alleviate minor discomfort.
- If sensitivity does not decrease or disappear, or if your bite feels high, please contact our office. A bite adjustment or additional treatment may be necessary.
- Enjoy your beautiful new fillings and with regular check ups and good oral hygiene, they should last for many years.

### *The Dental Care Team of Citracado Dental Group*

Wm. R. Jungman, D.D.S. ~ Julie E. Kangas, D.D.S. ~ and Associates  
500 W. El Norte Parkway Escondido CA 92026 (760) 489-5545 [www.citracadodental.com](http://www.citracadodental.com)