Monokian Dentistry
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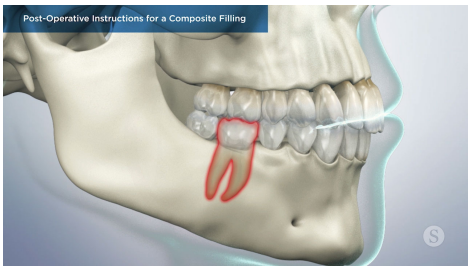
Post-Operative Instructions for a Composite Filling

After your filling is placed, it is important to follow these care instructions to ensure that it lasts a long time.

If the area was numbed, it's important to avoid eating or drinking until the anesthesia has worn off to prevent possible injury to your lips, tongue, and cheeks.



It's normal to experience some sensitivity to pressure, heat, cold, sweet foods and air for several days or weeks. The larger the cavity that was filled, the more sensitivity you may experience.

Your gums may be sore in the days following your procedure; you can rinse with warm salt water three times a day or take an over-the-counter pain reliever if needed. In most cases sensitivity will subside within one to two weeks.

Your filling may be shaped slightly different than your original tooth. Your tongue may magnify these small differences, but you will become accustomed to them within a few days.

Daily home care will increase the longevity of your new filling. You should resume regular brushing and flossing immediately to keep the tooth free of plaque buildup and decay.

If you experience persistent pain or sensitivity outside of the norm, an uneven bite, or sharpness on the tooth after your procedure, it is important to contact your doctor's office for assistance.

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