DIGNITY DENTAL PRACTICE
Family & Cosmetic Dentistry

Fillings & Dental Bonding Aftercare

Most patients can return to normal activities right away after a filling or bonding procedure. Mild short-term sensitivity can occur, especially after a deeper restoration.

WAIT FOR NUMBNESS	MILD SENSITIVITY	PROTECT BONDING
Avoid accidental cheek, lip, or tongue biting.	Cold or pressure sensitivity may be temporary.	Avoid habits that can chip composite material.

After a Filling

- Wait until numbness is gone before chewing normally.
- Minor tooth sensitivity or gum soreness can occur and usually improves with time.
- If the tooth hurts when you bite or feels like it hits first, call us - the filling may need a bite adjustment.
- Call if you develop severe or worsening pain, swelling, fever, or intense lingering sensitivity to hot or cold.

After Cosmetic Bonding

- Avoid biting fingernails, pens, ice, hard candy, or using your teeth to open packages.
- Brush twice daily with a soft toothbrush and fluoride toothpaste, and floss daily.
- Composite can stain more than porcelain. Limiting tobacco and frequent dark beverages can help maintain appearance.
- Call if you notice a sharp edge, chip, rough area, or a change in your bite.

Remember: Mild sensitivity after recent dental work often settles, but pain should improve rather than become stronger or more persistent.

Questions or concerns?
Call Dignity Dental Practice at (209) 957-1244.

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