

## **Post Treatment Instructions**

### **“White” Fillings**

White or Composite fillings not only look nice but help to keep MORE of you natural tooth material.

White filling material hardens immediately so you can eat normally, however we recommend waiting until the Novocain or numbing medicine goes away. Usually within 1-2 hours.

If your bite feels uneven-call for a quick and easy adjustment.

You may have sensitivity or slight discomfort after the filling procedure for up to eight (8) weeks. This is normal. You can take over-the-counter anti-inflammatory medicine (Advil or Motrin) to help ease the discomfort.