



Composite Fillings

Your have received a composite (white) filling. These fillings can fracture or re-decay when improper home care or eating habits occur.

1. Routine brushing and flossing is required to maintain their appearance and prevent new decay.
2. Dental check-ups at regular intervals are advised for proper maintenance.
3. Avoid hard or sticky foods such as ice, hard candy, or taffy to prevent breaking or dislodging the filling.
4. Oral habits, such as tooth grinding or chewing on objects, may cause the filling to break.
5. You may experience sensitivity in your gums/teeth after the filling is placed. This should gradually subside, but please call our office if pain or sensitivity continues for more than a 2-3 days.
6. Your bite may feel off after the numbness wears off. If the filling(s) feel high, please notify our office so we can adjust your bite.
7. In some cases, if the decay was really deep, you may experience constant pain and need to be referred to a root canal specialist. If this occurs please notify our office.

Smile Island Pediatric and Adult Dental Group
6522 Lonetree Blvd Rocklin, CA 95765 (916) 773-6565