Post Operative Instructions: Composite Resin Filling

We have restored some of your teeth with tooth-coloured materials. The resin (plastic) materials used contain small ‘filler’ particles of glass-like material for strength and wear resistance. These restorations will serve you well for several years. They contain the finest and most up-to-date materials available today. However, you should be aware of the following information about your new restorations:

1. Chewing

Do not eat until the anaesthetic has worn off as you may bit/damage your lips, cheeks or tongue or potentially burn yourself. Natural teeth can be broken with heavy force, such as chewing hard objects. As with natural unrestored teeth, avoid chewing excessively hard foods (hard candy, corn nuts, ice, bones etc.) because the resin material can be broken from the tooth with extreme force. If breakage occurs, replacement of the restoration is not difficult.

2. Sensitivity

You may experience mild sensitivity to hot and cold foods for a few days. This sensitivity should disappear soon. If the bit is high or the sensitivity continues for more than 4-7 days please contact us.

3. Continuing Care

Visit us for regular, six-month examinations. Often small problems that develop around the restorations can be detected at an early stage and repaired easily. Waiting for a longer time may require redoing the entire restoration. Make sure you have an appointment for your next six monthly examination.

4. Preventive Procedures

Use the following preventive procedures that are checked:
- Brush and floss after eating and before bedtime
- Swish vigorously for at least 30 seconds daily with one of the following products: Colgate Total, Aim or Colgate Neutrafluor (the best time is immediately before bedtime)
- Use a 1.1% neutral sodium fluoride (requires a prescription from us)
- Use a Water Pik
- Stresses on bonded teeth (such as biting into hard foods, for example, boiled lollies or carrots) may lead to breakage. The front teeth have bonded edges, bite into foods using the side teeth.
- As alcohol can cause deterioration of the resin, it should be taken in moderation.

5. Root Canal Therapy

Sometimes the trauma to the tooth caused by placing a deep filling can cause irreversible damage to the nerve leading to nerve death. Where this occurs additional treatment (Root Canal Therapy) is required.

6. The Future

We expect you to receive several years of service from these restorations. However, after a service period of years, we have seen the following unavoidable situations occur, which may require restoration replacement at a future time:
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- Slight stains occur at locations around juncture of the tooth restoration. Please tell us if this condition occurs.
- Slight chipping around the juncture of the tooth and restoration.
- The gums (gingivae) may shrink from the restorations, displaying unfavourable appearance underneath.

Bonding can be used as a conservative, temporary measure if more permanent treatment requiring tooth preparation is planned for a later stage. A bonded surface can be repaired in the mouth and can be maintained as long as the person wants the dentist to look after it. Accordingly bonding may need regular tough-up work in some cases.

Small composite restorations will serve for many years in your mouth. However, large composite restorations may break, or the tooth structure around them may break in the future. In this event, the involved tooth or teeth will require a crown (cap) for optimum strength. The restorations we just placed in your mouth were:

- Small with optimum longevity potential
- Moderate to large with good longevity potential
- Very large with questionable longevity potential

We have done our best to provide you with the finest quality oral restorations available today. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity.

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