

**SIGNATURE DENTAL**  
*Family Dentistry*

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**COMPOSITE (TOOTH-COLOURED) RESTORATIONS**

We have placed tooth-coloured composite restorations in your teeth. The resin material used is a plastic with small 'filler' particles of glass-like material--the finest and most up to date materials available today. These restorations will serve you well for many years. Please be aware of the following:

**CHEWING:** Numbness from the local anesthetic may last approximately 3-4 hours. Refrain from eating so that you don't bite your lip or tongue. Be careful with hot beverages so that you don't burn yourself.

Avoid chewing excessively hard foods on the restored teeth (hard candy, ice, raw carrots, bones, etc.) because extreme force can cause the resin material to be broken from the tooth--just as it can with natural teeth. In the event that a breakage occurs, re-bonding of a restoration is not difficult.

**SENSITIVITY:**

- The tooth should feel smooth to the tongue.
- If the tooth is tender to chew on, or if it feels like the teeth are not meeting properly, please call the office and return for a bite adjustment.
- Sensitivity to cold may last approximately two weeks or longer in some cases.
- You will be advised if there is to be some discomfort. Otherwise, there should not be any throbbing or constant pain.

**MAINTENANCE:** To provide optimum longevity for your restorations and to prevent future dental decay and supporting tissue breakdown, please brush and floss after eating and before bedtime. Visit us at your regular examination periods. Often problems that are developing around the restorations can be detected at an early stage and repaired easily, without redoing the entire restoration.