

## Post-Op Composite Instructions

### Home care instructions for Tooth colored restoration

- Please **Do Not** eat or drink until the anesthetic has worn off. You cannot feel your lip
- and/or tongue and may burn or chew these areas causing trauma to the tissues
- Although atypical, your anesthetic may last up to 4 hours
- You may brush, floss and waterpik as you normally would, as well as any topical rinses, gels or toothpaste as prescribed by our office
- Cold sensitivity after a restoration is normal and should decrease over time. Please call our office if you are experiencing any lingering or throbbing following your appointment that is not diminishing
- Following the Bonding procedure, avoid excessive biting pressure on the teeth; ie. ice, pencils, and other hard objects
- **If there are any concerns or questions, please contact our office at 410.730.7485**