



Anthony Costella, DDS | Rosemarie Goldstein, DDS

COMPOSITE RESTORATIONS & FILLINGS • HOME CARE

Composite fillings are tooth-colored restorations used to repair decay or broken areas while preserving as much healthy tooth structure as possible. Follow your dentist's specific instructions and keep your regular checkups.

1 Eating & numbness

Wait until numbness wears off before chewing. Avoid hot foods and drinks while numb and take care not to bite your lip or cheek. Avoid ice, hard objects and using teeth to open packages.

2 Expected sensitivity

Brief sensitivity to cold, sweets or chewing and mild gum tenderness can occur. Symptoms should improve; deeper fillings may take longer to settle. Avoid temperature triggers. Ask about fluoride toothpaste for sensitive teeth. **Persistent, worsening or severe pain is a reason to call.**

3 Check the bite

If the tooth hits first, feels too high or hurts when biting after numbness wears off, call promptly for a bite check. Do not chew through pain or wait for a high filling to wear down. An adjustment may help.

4 Brush, floss & care for gums

Brush gently twice daily with a soft toothbrush and fluoride toothpaste, including around gumline fillings. Floss or clean between teeth daily.

Call if floss will not pass, catches or shreds, or if food repeatedly traps. Do not force floss or sharp objects into a tight area. Report swelling, bruising or worsening gum irritation.

5 Appliances & night guards

If you wear a night guard, aligner, retainer or other orthodontic appliance, check that it fits comfortably after treatment. Bring it to your appointment if possible. If it feels tight, will not seat fully or presses on the new filling, do not force it. Call so we can check and adjust the restoration or appliance as appropriate. Do not adjust either yourself.

6 Protect & maintain the filling

Coffee, tea and tobacco can stain composite over time. Keep regular professional cleanings and exams so we can check the surface, margins, bite and signs of wear or decay. Rinse with water after staining drinks. Continue your prescribed home care and any medicines exactly as directed. Call if a filling chips, cracks, loosens or develops a sharp edge. Avoid chewing on that area until it is checked.

7 When more treatment is needed

A filling is a conservative repair, but a tooth with extensive decay, cracks or limited remaining structure may need additional care. Severe, lingering or spontaneous pain, or pain that wakes you, may require evaluation of the tooth's nerve and possible root canal treatment. A damaged filling may need repair or replacement. A larger or weakened tooth may need a crown or another restoration for protection. New tooth mobility needs evaluation; it does not by itself mean a root canal is needed.

QUESTIONS OR CONCERNS? PLEASE CALL THE OFFICE

Call for a high bite, inability to floss, appliance interference, a loose or broken filling, swelling or bruising, fever, pus, new tooth mobility, or pain that is severe, worsening or not improving. Call with any unexpected symptom.

Dr. Costella 415-453-0642

Dr. Goldstein 415-453-0122

Call 911: trouble breathing or swallowing, rapidly spreading face or neck swelling, severe allergic reaction, uncontrolled heavy bleeding, fainting, confusion or difficulty waking.