



Litchford Shopping Center
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Tooth Colored Fillings Instructions for Home Care

Activities of Daily Living: There are no restrictions on your usual daily activities.

General Measures:

1. You are able to eat and drink normally as soon as the appointment is over since the material is light cured at the office and is as hard as it will ever get.
2. Brush and floss the tooth with the filling the same as your other tooth.
3. Sensitivity to cold and biting pressure are not uncommon, especially in the first few weeks.
4. Seek regular check ups so the doctor can check the status of each filling.

Notify your dentist if any of the following occurs:

1. You have spontaneous pain that lingers for over 30 minutes.
2. It feels as if the filling is too high, or you are hitting the filling first when you bite down