

# Your New Composite Tooth-Colored Restoration

Congratulations! You have just had one or several teeth restored with tooth-colored composite restorations. Composite restorations are our direct filling material designed to restore teeth as closely as possible to their natural state. Composite restorations are a marriage of plastics and quartz particles that mimic your own tooth enamel (the hard white outer layer of the tooth) in both color and texture.

The length of time your new composite restoration will last is determined by the size of the restoration placed and the biting forces the restoration is exposed to.

## COMMONLY ASKED QUESTIONS ABOUT COMPOSITE RESTORATIONS

### ***Your tooth or teeth have just been treated.***

After any treatment, teeth which may not had discomfort may begin to bother you. Removing old restorations and removing decay cause trauma to the tooth's pulp (nerve). This trauma bruises the pulp and may create sensitivity post-operatively.

You may expect that for the first few days you will want to be careful with cold fluids and food on the prepared teeth. Please call us if any problems persist.

### ***Will I need further treatment?***

If your composite restoration is large, then chances are you will need further treatment. Large composite restorations often require crown work within 3 to 5 years.

### ***What should I avoid?***

The composite restoration is fully formed when you leave the office. You can chew and eat normally once the numbness leaves your lips and/or tongue.

### ***My bite feels off. What do I need to do?***

Your mouth was numb while we placed in the new restorations. We have adjusted your new composite restorations to fit your occlusion (or bite). Yet, until your numbness is all gone or you have had a chance to chew, you might not be aware of any discrepancy with respect to the fit of the new restorations.

If your bite feels off it is important that you contact the office to have the restorations adjusted correctly. Your composite restoration is nearly as hard as your tooth enamel and it will not self-adjust.

## IMPORTANT PANDEMIC INFORMATION

Since your dental care team has been in close contact with you during your procedure, please notify our office if you experience symptoms or test positive for COVID-19 within 14 days of your visit so that we can take measures to curtail the spread of any virus. It's for our health and safety as well as the safety of those who visit the practice.

## ADDITIONAL QUESTIONS OR CONCERNS

Should you have any additional questions or concerns about your procedure, please contact our practice.