



## **TOOTH COLORED FILLINGS (COMPOSITE RESTORATIONS)**

A filling was placed on one or more of your child's teeth today. The area may be sensitive for a few days or sometimes even weeks. An over-the-counter, aspirin-free pain relief medication may be given if necessary. Please follow the product label directions for use.

Local anesthesia (lidocaine) is administered to your child for the majority of composite restorations. If local anesthesia has been administered, your child's mouth will be numb for up to 2 hours after you leave the office. Please watch your child to make sure they avoid chewing on their lips, cheeks, or tongue while they are still numb. If your child wants to eat immediately after the appointment, then give liquids or soft foods (i.e. yogurt, ice cream, milk shake, pudding, or mashed potatoes) to your child until the numbness is gone. Please see our "Local Anesthesia" form for more information.

The composite restoration must be maintained by proper brushing/flossing daily and a low sugar diet. This will help prevent new cavities from forming at the edges of the new filling.

Over time, all composite restorations will become darker. This change in color is due to the intake of stains into microscopic pores in composite restoration surface. These stains typically come from foods and beverages that have natural or artificial pigments (i.e., coffee, tea, coke, Kool-Aid, grape juice, blueberries, chocolate, etc.). To slow the change in color of your child's composite restoration, have them avoid intake of pigmented foods or drinks whenever possible.

In order to give your child's filling the longest possible life span, please have your child avoid the following foods: ice or ice cubes, hard candies, taffy, caramels, and jaw breakers.

If you have any questions or concerns about your child's composite restoration, please do not hesitate to ask our dental team.

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