

# Fillings

1. Your new white composite fillings are as hard as they are going to be however, do not eat on your new filling until your numbness is gone.
2. If you are supervising children who had fillings done, make sure they don't bite on their numb lips or tongue (it can cause serious injury to their soft tissues).
3. You may experience cold and heat sensitivity and/or some soreness on your gums; this usually subsides in a few days or weeks.
4. **Call our office if you experience pain or discomfort for more than a few days after the fillings, or if you have any questions. (231)-347-8899**
5. Many times a tooth that hurts after a filling can be corrected with a simple adjustment and without anesthetic.