

## **Composite Restoration** **(Tooth Colored/Bonded Filing) Information**

We want all of our patients and their parents who have a tooth in which a composite restoration (tooth colored/bonded filling) has been placed, to have the right information on how to care for and what the benefits are of a composite restoration.

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 1 to 4 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 mash potatoes) to your child to eat until the numbness is gone.

The composite restoration must be maintained with effective removal of plaque by brushing and flossing daily, home care fluoride prescription, and a low sugar diet to avoid cavities returning to the edges of the composite restoration.

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 come from the 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 when possible.

In order to give your child's tooth with the composite restoration 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.