



 Seapoint Clinic

Composite Fillings

AFTERCARE & INSTRUCTIONS

Welcome to Your Restored Smile

Congratulations on receiving your composite fillings with your dentist at Seapoint Clinic!

These tooth-coloured restorations have been expertly placed to repair cavities or minor damage, blending seamlessly with your natural teeth to restore both function and appearance. This treatment helps protect your teeth and enhances your smile with a discreet, durable solution.

This procedure marks an important step toward better oral health, but proper aftercare is essential to maintain your fillings.

You may notice some initial sensitivity or discomfort, particularly to hot, cold, or sweet foods, which is normal and should lessen within a few days. Your dentist and the Seapoint Clinic team are here to support you, and following the instructions below will ensure your fillings remain effective and long-lasting.

The Benefits

Your composite fillings provide several key advantages:

1 | **Natural Appearance:** They match your tooth colour for a seamless look.

2 | **Strong Restoration:** Composite material bonds well, reinforcing weakened teeth.

3 | **Improved Function:** Restores chewing ability and prevents further decay.

4 | **Long-Lasting Protection:** With care, they can endure for several years.

Following the aftercare instructions for your composite fillings is crucial to ensure they stay effective and your teeth remain healthy. Proper care, like avoiding hard or sticky foods and maintaining good oral hygiene, helps prevent damage to the filling and stops new decay from forming around it. Neglecting these steps could lead to the filling wearing down, cracking, or needing replacement sooner, so sticking to your dentist's advice is the best way to protect your investment and keep your smile strong for years to come.

What to Expect

After placement, you might feel temporary sensitivity to hot, cold, or sweet foods, which is normal as your tooth adjusts to the composite filling. This sensitivity typically fades within a few days, though it may persist slightly longer if the cavity was deep. The filling, molded and bonded directly to your tooth, might feel a bit different at first, especially when chewing, as your bite

aligns. Follow the care tips below to support healing, reduce discomfort, and ensure the filling's longevity

Composite Fillings Aftercare Instructions & Long-Term Care

Immediate Aftercare (First 48 Hours)

Protect your fillings during the initial period:

- Avoid Chewing Hard Foods:** Steer clear of tough or sticky foods (e.g., nuts, chewing gum) that could dislodge the filling. Opt for soft foods like mashed potatoes or yogurt.
- Limit Temperature Extremes:** Avoid very hot or cold drinks to minimise sensitivity.
- Gentle Oral Hygiene:** Brush gently with a soft-bristled toothbrush and avoid flossing too aggressively near the filling site until approved by your dentist.

Managing Discomfort

Some sensitivity is expected as your tooth adjusts:

- Pain Relief:** Use over-the-counter pain relievers like ibuprofen or paracetamol if needed, following package instructions.
- Soothe Sensitivity:** Rinse with lukewarm water to ease discomfort, and avoid acidic or

sugary foods that might increase sensitivity.

- Monitor Issues:** Contact us if sensitivity persists beyond a week or if the filling feels loose or rough.

Long-Term Care for Your Fillings

Maintain your results with these habits:

- Oral Health Routine:** Brush twice daily with fluoride toothpaste and floss gently to prevent decay around the filling.
- Avoid Staining:** Limit coffee, tea, or tobacco to keep the composite material from discolouring.
- Protect Against Damage:** Avoid using teeth to open packages or biting hard objects, and consider a mouthguard if you grind your teeth.

Protecting Your Fillings

Ensure durability with proper maintenance:

- Cleaning Routine:** Use a soft brush and avoid abrasive whitening toothpastes that could wear down the filling.
- Avoid Trauma:** Steer clear of chewing ice or hard candies that could crack the composite.
- Regular Checks:** Attend dental visits to monitor the filling's condition.

Signs to Monitor

Watch for potential problems:

- 1 | Contact us if you notice chipping, a rough edge, or increased sensitivity in the filled tooth.
- 2 | Seek immediate help for severe pain, swelling, or signs of infection.

What to Do if Issues Arise

Address concerns promptly:

- 1 | If a filling feels loose or breaks, call Seapoint Clinic immediately – repair costs may apply.
- 2 | Avoid tampering with the filling; schedule an appointment with our team.

Regular Dental Visits

Support your oral health with routine care:

- 1 | Attend check-ups every 6 months with your dentist to assess the filling and overall tooth health.
- 2 | Schedule professional cleanings to prevent decay around the restoration.
- 3 | Discuss additional treatments if needed to maintain your smile.

Enhancing Your Results

Keep your teeth in top condition:

- 1 | **Post-Treatment Care:** Use dentist-recommended products to maintain oral health without affecting the filling.

- 2 | **Cosmetic Adjustments:** Consult our cosmetic dentists for minor touch-ups if staining occurs.
- 3 | **Lifestyle Tips:** Stay hydrated and avoid habits that stress your teeth to protect the filling.

Contact Us

If you have any questions or concerns about your Invisalign® aftercare, we're here to help.

Email:

info@seapointclinic.ie

Phone:

01 284 2570

Opening Hours:

- Monday: 08:00 – 17:00
- Tuesday: 08:00 – 19:00
- Wednesday: 08:00 – 19:00
- Thursday: 8:00 – 19:00
- Friday: 08:00 – 17:00
- Saturday: 08:00 – 14:00
- Sunday: Closed

