

POST OP INSTRUCTINS FOR FILLING

Read below to know what you can possibly expect after having a tooth restored with a filling. Read over this page, follow the instructions, and everything should be fine.

- 1) When **eating** avoid chewing on the numb side of your mouth after the filling procedure. This will help to prevent biting your lip, cheek or tongue. The freezing can take up to a couple of hours to fully come out. White fillings are set immediately after they are placed so after the numbness wears off, you can chew as you normally would.
- 2) There may be some **sensitivity** which is normal when having hot, cold and pressure after. These symptoms will lessen over time, could be a couple of days to a few weeks. As long as the sensitivity continues to decrease there is no need for concern.
- 3) **Gum Discomfort** can happen following the procedure, they may feel tender. The anesthetic injection site may also feel sore. Rinse with warm salt water and taking an analgesic such as Tylenol or Advil can help decrease discomfort.
- 4) It may take a few days to get use to your new restoration after it is placed. If your **bite feels uneven** after the freezing comes out or a few days after, please call our office to set up an appointment for a simple bite adjustment. A bite adjustment will remove tiny interferences that keep teeth from coming together properly.
- 5) Although the filling is quite durable, the tooth is still vulnerable to decay. It is important to resume regular brushing and flossing as well as regular dental visits. This will increase the longevity of your new filling restoration.

Dental Filling

