

Post Operative Instructions for Fillings

Sensitivity

It's normal to experience some sensitivity to heat, cold and pressure after your appointment; this sensitivity will decrease with time. For the first few days avoid extremely hot or cold foods and beverages. It is normal to have discomfort in the gums around the tooth after the anesthesia wears off due to the procedure.

If your gums are tender, rinse with warm salt water, dissolving ½ teaspoon of salt in an 8 oz. glass of warm water. An analgesic such as Tylenol or Ibuprofen (Advil) will help to increase your comfort.

The New Filling

If your bite feels unbalanced or you feel a rough area once your tooth wakes up from the anesthetic, please be sure to call our office for an appointment for a simple adjustment.

Home Care

Refrain from eating until the anesthesia has worn off to prevent possible injury to your lips and cheeks. Although the treatment that was performed is quite durable, **the underlying tooth is still vulnerable to decay**, especially at the interface between the tooth and filling. It is important to resume regular brushing and flossing immediately. Daily home care and decreasing your intake of sugar-containing foods and drinks will increase the longevity of your new restoration.