



POST-OP INSTRUCTIONS

FILLINGS

After completion of fillings, it is important to follow these instructions to promote comfort and successful healing.

ANESTHESIA

Depending on the anesthetic used, the feeling of numbness will wear off anywhere from 30 min up to 4 hours. Until then, avoid hot foods or liquids and be cautious of chewing. This is to prevent accidentally burning or biting of the lips, cheeks, inside of your mouth or tongue.

SENSITIVITY

Your teeth may be sensitive to temperatures or pressure for a temporary period following this procedure and is normal. If the symptoms don't subside after a few days, we recommend using a desensitizing toothpaste.

SORENESS

If you experience soreness or tenderness around your gums after the procedure, rinse mouth with warm salt water - 1 teaspoon/glass 3-4 times a day for a week. Soreness should gradually decrease over the next day or two following treatment.

PROTECTING FILLING

- Brush and floss regularly at least 2 times a day
- Follow up with your dentist/hygienist as recommended for maintenance visits

IF YOU THINK YOU HAVE ANY OF THE FOLLOWING COMPLICATIONS, PLEASE CALL OUR OFFICE IMMEDIATELY:

- Increasing sensitivity to temperature or pressure beyond a week
- Swelling in the area surrounding the tooth
- Bite feels off