



LANDS END DENTAL

FAQ's and Post Operative Care after Dental Restorations

How long will I be numb?

Most anesthetic wears off 1-3 hours after your procedure, but individual times vary greatly. Please refrain from eating or consuming hot liquids until it has worn off to avoid self-injury. It is not abnormal to feel stiffness or soreness from the injection site, or bruising or swelling afterwards. In rare occasions, the numbness or tingling may last more than 6 to 8 hours; in such an event, please contact your dentist for post operative instruction.

When can I eat?

You may chew right away on composite fillings since they set completely on the day of your appointment.

What if I feel sensitivity?

Teeth that have had dental surgery may be sore for a few weeks, and require time to heal in the interim. Take over the counter medications like ibuprofen and acetaminophen as needed.

Your cheeks or gums may also feel tender, and in some cases have canker sores/ulcers, but maintaining good oral hygiene habits as well as rinsing with warm salt water or alcohol-free mouth rinse speeds recovery.

Your jaw may also feel tired or sore as a result of having it open. This is especially true for those who clench/grind their teeth or have existing TMJ disorders. Take over the counter pain medications and adhere to a soft diet while it recovers.

How long will my fillings last?

Fillings *will* break down and re-decay if not well cared for; maintain good oral hygiene habits such as brushing and flossing, use fluoridated toothpaste and avoid sugary/acidic foods to keep them intact for as long as possible. Clenching and grinding or chewing excessively hard substances will also lead to the fillings and/or surrounding tooth structure to fracture.

When to seek post operative care:

If your bite feels uneven, if you have persistent pain to temperature or pressure, or if you have any other questions or concerns, please call our office at 415-668-0680

