



POST OP INSTRUCTIONS - AFTER FILLINGS

When local anesthetic has been used, your cheeks, lips, teeth, and/or tongue may be numb for several hours after the appointment. Avoid any chewing or hot beverages until the numbness has completely worn off. This prevents biting the inside of your cheeks, lip, and/or tongue and burning the inside of your mouth. If you do injure the inside of your mouth, it will take 10-14 days for your mouth to heal.

The site where the injection was given can be sore. You may take an anti-inflammatory like Aleve or Ibuprofen to alleviate any discomfort. You may also place ice in the area worked on to alleviate any discomfort.

***It's normal to experience some hot and cold sensitivity after your appointment. The sensitivity can last for several weeks. Underneath your enamel, the dental structure has nerve cells that can be affected- this will subside over time. If it persists over 4-6 weeks, please call.

Please do not chew hard foods or chew directly on your new silver fillings for 24 hours. If possible, chew only on the opposite side of your mouth. You may chew right away on white fillings.

Because many fillings are close to the gum line, your gums may be sore for several days. Rinsing with warm salt water (1 tsp. salt in 1 cup of warm water) or mouthwash may alleviate pain or swelling around the gum tissue that you may be experiencing.

If your bite feels uneven, if you have severe pain, persistent pain, or if you have any other questions or concerns, please call our office.