

## **Post-Operative Instructions for White and Silver Fillings**

**DISCOMFORT:** It is normal to experience some minor sensitivity to temperature and pressure for a few days up to several weeks, and your doctor will go over specific instructions for you. Your gums may also be sore for several days. To reduce soft tissue soreness, you may rinse your mouth 2-3 times per day with warm salt water (1/4 tsp. of salt in a cup of warm water). Generally, 400 to 600mg Ibuprofen (i.e. two to three over-the-counter tablets of Advil, Motrin, or generic ibuprofen) every six hours, is all that is needed for post-operative soreness. If you have an allergy or sensitivity to Ibuprofen, or have been advised not to use it, you may take up to 500 mg of Acetaminophen (i.e. one extra-strength Tylenol tablets) every six hours.

**ORAL HYGIENE:** It is important to continue to brush and floss normally to keep the area clean. It is also important to maintain twice a year professional cleanings to ensure the maximum longevity of your filling.

**EATING AND DRINKING:** After each appointment when anesthetic has been used, your lips, teeth and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. Don't chew hard foods or chew directly on new silver fillings for twenty-four hours. If possible, chew only on the opposite side of your mouth. You may chew right away on white fillings since they set completely on the day of your appointment.

If your bite feels uneven, you have persistent pain or pressure, or you have any other questions or concerns, please call our office at (706) 654-1557.