

FILLINGS

Post-Care Instructions

Your new fillings are fully hardened before you even leave the office; however it is wise to chew on the opposite side from the location of the newly placed filling(s) until the anesthetic has fully worn off.

Bite Adjustments

- During your procedure, we check to make sure your bite feels right following a filling. However, you are numb during this step and you may require an additional bite adjustment. If your bite feels uneven or uncomfortable please call our office so we can get you scheduled for a quick adjustment.

Local Anesthesia

- When anesthetic has been used, your lips, teeth and tongue may be numb for several hours after the appointment. If numbness extends into the next day, please call the office and schedule a follow-up visit.
- Avoid chewing until numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb.
- Refrain from eating for at least 2 hours and/or until the anesthesia has worn off.
- You may experience discomfort in your gum tissue or jaw muscle where your anesthetic was injected.

Pain Management

- You may take any over the counter pain reliever for tenderness or discomfort. Taking aspirin, Ibuprofen 600mg or Extra Strength Tylenol 500mg should be sufficient, unless you are allergic to these medications or have a medical condition that would prevent you from taking these medications.
- This will help with any soreness at the injection sites where your anesthetic was administered.

Sensitivity following Procedure

- Fillings are very successful and affordable restorative procedures. However: If the tooth becomes **sensitive** to chewing or cold/heat/sweets and you **may need a root canal, buildup, and crown** procedure performed. Please call the office and schedule a follow-up appointment if you experience any sensitivity following your filling.