

Fillings Post Op Instructions

Below, you can learn about what to expect after you have had fillings done. Read over this page, follow the instructions, and everything should be great. If you have any questions, be sure to contact us today.

Sensitivity

It is normal to experience some sensitivity to cold, hot, and pressure following the procedure. These symptoms will lessen within a few days to a few weeks. As long as the sensitivity continues to decrease, there is no need for concern.

Gum Discomfort

Following the procedure, your gums may feel tender. The anesthetic injection site may also feel sore. Rinsing with warm salt water (1/4 tsp salt, 8 oz glass warm water) and taking an analgesic such as Tylenol or Advil can help decrease discomfort.

Bite

After placing your new restoration, it may take a few days to get used to. If your bite feels uneven after the anesthetic wears off, please call our office to set up an appointment for a simple adjustment.

Eating

Avoid chewing on the numb side of your mouth following the procedure to prevent biting your cheek, lip, or tongue. Avoid eating and drinking anything hot while you are still numb to avoid burning yourself. White fillings set immediately after they are placed, so after the numbness wears off, you can chew as you normally would.

Home Care

Although the filling is quite durable, the tooth is still vulnerable to decay. It is important to resume regular brushing and flossing as well as regular dental visits. This will increase the longevity of your new restoration.