

After Restorations (Fillings)

Restorations (Fillings) Post-Operative Instructions:

- Be careful not to chew for the first two hours or until the dental anesthetic has completely worn off.
- While some sensitivity is common with a new dental filling, sensitivity to hot and cold foods and beverages is most common. Avoid extremes in food/beverage temperatures for the next several days.
- Gum sensitivity may also occur in the area of the new restoration. Warm salt water rinses are helpful. Clean the area with extra care.
- Small pieces of filling materials may be present in the mouth immediately after the dental appointment. Do not be concerned if you find a small particle of material in the cheek or under the tongue after the appointment.
- Your bite may seem different immediately after a new filling, and for a day or two.
- If, after 48 hours, you experience discomfort or a bite change that makes it difficult to chew and eat in a normal and comfortable manner, contact the office for instructions.
- For minor discomfort during the first several days following a new dental restoration, we recommend pain relievers such as Ibuprofen (Advil) or Tylenol—assuming that you are not allergic to, or have medical condition/s that prevent their use.