

Post Op Instructions – After Fillings

-- 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. **Children should be watched carefully** to make sure they don't do this. It will damage soft tissues and result in pain and swelling.

--It's normal to experience some hot, cold and pressure sensitivity after your appointment. Most symptoms will disappear after a few days.

--Your gums may be sore for several days. Rinse three times a day with warm salt water (put a tsp. of salt in a cup of warm water, rinse-swish-spit) to reduce pain and swelling.

--You may chew right away on white fillings since they set completely on the day of your appointment. 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.

--Once the numbness subsides, you may feel that your bite is a bit different. If you feel this tooth more when you bite, a bite adjustment may be needed. Call the office ASAP to check the bite, as it may cause damage to the tooth if left untreated.