

Restorations (Fillings) Post Operative Instructions

- Be careful not to chew for the first two hours or until the dental anesthetic has completely worn off
- Some sensitivity is common with a new dental filling. Sensitivity to hot and cold foods and beverages is most common. Avoid extremes in food temperature for several days.
- Gum sensitivity may also occur in the area of a new restoration. Warm salt water rinses are helpful. Clean the area with extra care.
- Small pieces of filling materials maybe 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.
- To control minor discomfort in the first several days following a new dental restoration, you may use non- aspirin containing pain relievers such as ibuprofen (Advil) or Tylenol – as long as you do not have allergies or medical conditions that prevent using these pain relievers.