



AFTER-CARE INSTRUCTIONS FOR

Routine Fillings

- To fill tooth cavities, we typically use tooth-colored materials called composites. In rare instances, we will use “silver” amalgam filling material.
- If you experience some swelling or soreness, we suggest over-the-counter pain relievers, such as ibuprofen (Advil), naproxen sodium (Aleve), or acetaminophen (Tylenol) for effective relief, especially if taken before you feel any discomfort.
- You may experience some sensitivity to hot or cold foods and liquids, as well as when you chew. This discomfort can last for a few days or even several weeks. As long as the sensitivity gets better with time, it’s completely normal. If it gets worse, please don’t hesitate to contact our office.
- You will be numb for two or three hours after your tooth restoration. The injection site may be tender for a couple of days, and bruising is possible, but not likely.
- After a cavity is filled with composite, you can eat or drink immediately, although it may be hazardous when still numb. You can easily bite your lip, cheek, or tongue, do a lot of damage, and not even notice. We suggest avoiding liquids as well since you may have great difficulty keeping them in your mouth when numb. If you had an amalgam filling placed, avoid chewing on it for a couple of hours.
- We work hard to make sure your bite is as comfortable as it was before. However, when numbed with anesthetic, it is sometimes difficult to be sure that your teeth are in perfect alignment at the time of treatment. If your bite doesn’t feel perfect after the anesthetic wears off, contact our office. DO NOT TRY TO GET USED TO IT. If not adjusted, you could fracture your filling, or your teeth may become sensitive.

- Whenever something new is placed in your mouth, your lips, cheek, and tongue must readjust. At first, you may bite yourself occasionally, but it will resolve itself within a few days or weeks.
- We recommend resuming regular brushing and flossing the same day of treatment.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, CALL

952-593-9310