

Fillings Post Treatment Care

You may chew as soon as the anesthetic completely wears off, since the fillings are fully set when you leave the office.

- When an anesthetic has been used, your lips and tongue may be numb for several hours after the appointment. Avoid hot beverages and use caution when chewing until the numbness has completely worn off. It is very easy to bite or burn your tongue or lip while you are numb.
- Children should be observed until the anesthetic wears off. Due to the strange feeling of the anesthetic, many children will chew the inside of their lips, cheeks, or tongue which can cause serious damage.
- As with natural teeth, avoid chewing excessively hard foods on the filled teeth (hard candy, ice, etc.).
- If you feel like your bite is "off" or is not correctly balanced (sore, painful, or strange to chew in that area) please call for an appointment for a bite adjustment. **An incorrect bite can lead to post op pain and sensitivity. If not addressed in a timely manner the problem, can increase leading to the need for a root canal.**
- Sensitivity to cold or extreme temperature changes is common for a few weeks following a dental restoration. Usually, the deeper the cavity, the more sensitive the tooth will be. Ibuprofen (Motrin™, Advil™), Tylenol™ or aspirin work well to alleviate the tenderness. If sensitivity persists beyond a few days or if the sensitivity increases, contact our office.
- The gum tissue near the filling could have been irritated after the procedure and be sore for a few days. The anesthetic injection site may also be sore. Rinsing with warm saltwater will ease that discomfort.
- The finished restoration may be contoured slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days.