

# Post Op Instructions Following Fillings

## Eating

We used a local anesthetic to thoroughly numb the area we treated. This numbness in your lips, teeth and/or tongue may last for several hours after the procedure. You should avoid any chewing until the numbness has completely worn off to avoid damage to your lips, tongue, and cheeks.

## What if my filling is sensitive?

It's normal to experience some sensitivity to heat, cold and pressure after your appointment. You can also expect some soreness in your gums for several days. Rinsing your mouth with warm salt water can help to alleviate discomfort and swelling. Dissolve a teaspoon of salt in a cup of warm water, and then gently swish the water around the tooth and spit.

## Composite (tooth-colored) fillings

Composite (tooth-colored) fillings set completely immediately after they are placed, so as soon as the numbness from the anesthetic subsides, you can chew as you would normally.

## Amalgam (silver) fillings

With amalgam (silver) fillings, you shouldn't chew hard foods or chew directly on the new fillings for the first 24 hours. If possible, chew only on the opposite side of your mouth.

## Please be sure to call our office if:

- Your bite feels uneven.
- Soreness or sensitivity lasts more than a week.
- You have any questions or concerns about your new filling.