

Post Filling Information:

Eating, drinking, smoking:

Although you can eat normally with your new filling, make sure that the local anesthetic completely wears off before you eat anything. This will prevent you from biting or injuring your tongue, cheeks or lip. You should also not smoke or consume hot liquids to prevent burning. Swallowing may be difficult while you are still numb as well.

Tooth feel:

Your filling will be tooth colored and will be hardened and polished by the time you leave the office. It may still feel gritty at first, but this should go away in a few days. If it does not, please call us to set up an appointment.

Sensitivity:

Another normal post-operative reaction is cold sensitivity. The nerves are sometimes stressed during the procedure and this should resolve itself within a week. Sensitivity protection toothpaste (like Sensodyne) can help. If the symptoms last longer than a week or worsen, please call the office to set up an appointment. Please discontinue the use of any whitening products until the sensitivity subsides.

Bite:

If your bite seems off or if you cannot bite normally please call the office to have your filling adjusted. Do not wait for it to wear down on its own as the tooth may become tender.

Daily Care:

Your filling should be treated as a regular tooth, and you should continue to brush with fluoride toothpaste and floss daily to maintain the health of the filling. If you have experienced recurring decay or have had multiple recurring cavities you may want to use a fluoride rinse (like Act). There are also prescription strength fluoride paste and gels that we can recommend. Call or ask us about them at your next visit.