

After a Filling

*Post-operative instructions for composite and amalgam restorations
(tooth-colored and silver fillings)*

Protecting Your Mouth

- Be careful while you are still numb. It can be easy to bite your lip, cheek or tongue.
- ***Children should be carefully observed until the anesthetic wears off.*** Due to the strange feeling of the anesthetic, some children may chew the inside of their lips, cheeks or tongue which may cause serious damage and pain when the anesthetic wears off.
- Do not bite together hard, or chew hard or sticky foods, on the side where the silver filling was placed for 6-8 hours. There are no dietary restrictions with the white fillings, as they set up hard right away.

Sensitivity & Medication

- Sensitivity, especially to cold, is common for a few days following a dental restoration. Tooth colored fillings are often more sensitive than silver fillings and this can last a few weeks.
- A change in pressure on the restored tooth can create sensitivity. If you feel like your bite is different after the filling, call our office for an appointment to adjust the bite.
- The gum tissue may have been irritated during the procedure as some restorations need to extend below the gums. Injections of anesthetic often make the area sore as well. If you notice any tissue changes, rinse with salt water for a day or two. You can also take 600mg of Ibuprofen every 6 hours for a few days to reduce the inflammation. Please follow pediatric dosage, if needed, for your child.
- With any dental procedure there is a slight risk that the nerve may not respond well and further treatment may be needed. ***Please let us know right away if you are having tooth pain that is increasing in frequency, duration or intensity.***

Fillings Feel Different

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.