



Got a new filling done today!!

Now that your new filling or fillings have been placed there are a few directions you need to follow.

First, be sure that the local anesthetic has completely worn off before chewing. This is to prevent you from biting or injuring your lip, cheeks or tongue. Also, **refrain from drinking anything hot** in temperature or **smoking** to prevent burning. Sometimes patients also find it difficult to swallow while they are still numb, so please be careful. Injection site may cause soreness please take over-the-counter Tylenol or Motrin to alleviate the discomfort.

Tooth colored resin type fillings are completely hardened when you leave the office. You can eat on them as soon as the numbness wears off. Although these fillings are polished before you leave, they may feel slightly gritty at first. This should go away after a couple of days. If not please call back.

Immediate post visit cold sensitivity is also possible

This is usually from a normal reaction of the nerve following the procedure. Give it a couple of days and try a sensitivity protection toothpaste (i.e. Sensodyne or Crest for Sensitivity) until it subsides.

If sensitivity persists beyond a week or seems to worsen please call our office. Discontinue the use of any whitening toothpaste or other whitening products until the sensitivity subsides.

Finally, 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.

Your new filling does not require any additional care other than daily brushing and flossing.

Be sure your toothpaste contains fluoride. New fillings are susceptible to developing new decay around the edges of the filling if not cared for.

If you have experienced recurrent decay or have had multiple recurring cavities you may want to use a fluoride rinse or other fluoride containing rinses. There are also prescription strength fluoride paste and gels that our office can recommend. Please ask at your next visit or call us at **562.860.6626**

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