

## What Should I Do Following A Filling Visit

The steps that you should take after a tooth filling depend upon the type of filling that you received and whether or not you received anesthesia.

### **Anesthesia**

Your lips, teeth and tongue may be numb for several hours if anesthesia was used. While your mouth is numb, you'll want to be careful not to bite your cheek, lip or tongue. If the numbness doesn't subside within several hours or by the following day, contact our office.

### **Composite (White) Fillings**

You should avoid chewing foods until the anesthesia you received wears off and you have your feeling back in your cheek, lips and tongue. You may chew again as soon as you have your feeling back. The filling is as hard as it will get when you leave our office. If you did not receive anesthesia, you may chew right away after your appointment. If your bite feels tall or high please contact our office for a quick adjustment since this type of filling will not self-adjust.

### **Amalgam (Silver) Fillings**

You should wait to eat soft foods until the anesthesia you received wears off and you have your feeling back in your cheek, lips and tongue. If you are hungry you can have something soft, such as soup. You should wait to eat hard foods until at least six hours have passed after you leave our office, to allow the amalgam filling time to harden. Generally, silver amalgam fillings will self-adjust but if your bite still feels high after 1 or 2 days, please contact our office for an adjustment.

### **Sensitivity or Soreness**

It is normal to experience some sensitivity to hot, cold and pressure after your teeth have been filled. If your gums are sore for the first several days, rinse three times a day with warm salt water (one teaspoon salt dissolved in 8 ounces warm water). An over-the-counter pain medication such as Advil or Aleve may be used for discomfort.

### **Oral Hygiene**

It is important that you continue to maintain consistent oral hygiene. Brushing twice daily and flossing daily are essential. Regular hygiene maintenance appointments in our office are also a critical component in the long term care of your teeth. While most patients have their teeth professionally cleaned on a 6 month interval, our doctors may recommend that you make appointments more frequently if you have specific needs.

If you have problems with your restorations or concerns with your teeth, please contact our office.