

After-Care Instruction: Fillings

Now that you have your new filling(s), here are some things to keep in mind:

Eating After the Procedure:

First, be sure that the local anesthetic has completely worn off before chewing. This will typically take about 60-90 minutes. This is to prevent you from biting or injuring your lip, cheeks or tongue. 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.

Composite fillings will have completely hardened by the time you have left the office. You can eat on them as soon as the numbness wears off. Although the 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.

Possible Sensitivity:

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.

Unaligned Bite:

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.

Additional Care:

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 like Act or other fluoride containing rinses.

