



WHAT TO EXPECT AFTER A FILLING APPOINTMENT

- You can eat and drink normally right after the appointment, be careful not to bite your numb lip, cheek or tongue. Avoid foods that are extreme in temperature.
- The filling(s) may feel rough for a few days. The finished filling(s) may be contoured slightly different and have a different texture than the original tooth. This is due to your tongue noticing the changes but will begin to adapt to the new additions
- **Continue to brush and floss your teeth as usual.** The filling(s) will become smoother as you continue to brush.
- **Gum Tenderness is to be expected** but we encourage you to brush and floss the areas as you normally would.
- **Sensitivity to hot and cold substances is not uncommon.** Sensitivity may be increased if the decay or preparation was deep or close to the nerve. If the tooth is responding and healing, sensitivity only lasts for a short time after the cold is introduced and does not linger. Gradually over time thermal sensitivity decreases as the tooth develops a healed, protective layer. **It is not uncommon for this minor sensitivity to last for up to 4 weeks. If symptoms persist without improvement please contact our office as further treatment may be necessary.**
- **Pain might be experienced due to muscle tightness or tenderness** following operative procedures, especially at the site of the injection. **Common remedies would be over the counter anti-inflammatory pain medication such as Advil, Motrin or Ibuprofen.**
- While you are numb, we check your bite to make sure you are not hitting on the filling(s) first; however you might have difficulty "feeling" if your bite is correct because the sensation is skewed.

IMPORTANT: If a filling feels "**HIGH**", all your teeth do not touch when you bite closed or you are having **PAIN WHILE CHEWING** please contact us within a few days of your appointment for a slight adjustment on the filling(s).

DO NOT WAIT in hopes that it will settle down. The longer you wait the more pain you will experience.

***If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please contact the office.**