



## Post – Operative Restorative Fillings

When anesthesia has been used your lips and tongue may be numb for several hours after your appointment. Avoid any chewing until the numbness has completely worn off. It is recommended you take some ibuprofen before the anesthetic wears off. This will help with any swelling or pain.

**Sensitivity:** Mild to moderate sensitivity to hot and cold is common for a few weeks following a dental restoration. Usually, the deeper the cavity, the more sensitive the tooth will be.

**Gum Soreness:** The gum tissue could have been irritated during the procedure and may be sore for a few days together with the anesthetic injection site. Rinse your mouth with warm salt water to reduce pain and swelling. If discomfort persists more than 2 weeks, contact our office to have the doctor evaluate.

**Your Bite:** It is not unusual for your bite to be off balance. We do adjust the bite immediately after placing the restoration, however the numb feeling often does not allow for proper refinement of the bite at the time of appointment. If you do feel your bite is off, contact us immediately to schedule the best time for you to come in for a quick adjustment. Otherwise, choosing to wait for an extended period of time could cause the nerve to become inflamed causing more extensive treatment.

**Continued Care:** Proper brushing, flossing and routine hygiene visits are essential to the long term stability and appearance of your restoration. Often, problems that may develop with the fillings can be found at an early stage and repaired easily, while waiting for a longer time may require more extensive treatment.