



POST OP CARE

FILLINGS

Congratulations on your first step towards your new filling(s)! Here are a few points to consider after your appointment.

ANESTHETIC & NUMBNESS

We use a local anesthetic to thoroughly numb the area treated. This numbness in your lips, teeth, and tongue might last for several hours after the procedure. To avoid injury to your tongue and lips, you should avoid chewing until the numbness has completely worn off.

WHAT IF MY FILLINGS HURT?

It is normal to experience some sensitivity to heat, cold, and pressure after your appointment. Sensitivity to cold may last a couple weeks depending on the depth and location of the filling. It is also normal to be sore around the tooth if a band was placed or around the injection site. This soreness can last several days. Rinsing your mouth with warm salt water can help to alleviate discomfort and swelling. Dissolve a teaspoon of salt in a cup of warm water, then gently swish the water around the tooth and spit.

OCCUSAL ADJUSTMENTS & “TAP TEST”

It is common to need to have your filling adjusted slight if your bite feels uneven or “high”. You can very easily gauge yourself if your bite is uneven.

1. Look at an object across the room or off into the distance.
2. Very GENTLY tap your teeth together repeatedly. Tap-tap-tap-tap-tap!
3. If you feel the side of your mouth where the filling is touching before the other side, then you may need an occlusal adjustment.

Please contact our office as it is important that we do this adjustment as soon as possible. An uneven bite can cause prolonged sensitivity and soreness of the tooth.

DO I HAVE TO BE CAREFUL WITH MY FILLINGS?

Fillings are completely set immediately after they are placed, so once the numbness subsides you can return to eating as normal. Good oral hygiene is vital to maintaining the life of the filling. Flossing, brushing, and using mouth rinse are all aids in good oral hygiene.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT YOUR BLUE HILLS DENTAL OFFICE