

Dental Filling

AFTERCARE

- If you received a local anesthetic, your mouth may still be numb for a few hours after your appointment. Avoid chewing, drinking hot liquids, or biting down on that side until the numbness wears off to prevent injury to your cheek, tongue, or lip.
- It is common to experience some sensitivity to hot, cold, or pressure for a few days after a filling. This usually resolves on its own within a few days to a few weeks. If the sensitivity is severe or lasts longer, contact the office.
- For the first 24 hours after your filling, try to avoid chewing hard and/or chewy foods on the treated side to prevent sensitivity. Stick to softer foods until you feel comfortable chewing normally.
- Continue brushing and flossing as usual, but be gentle around the filled area. Make sure to keep the area clean to avoid any infection or complications. Don't skip flossing between the teeth with fillings.
- Sometimes, your filling might feel a bit high or uneven when you bite down. If you notice discomfort or an abnormal bite, let us know so we can adjust it. This should be addressed as soon as possible.
- It's best to avoid smoking or drinking alcohol for the first 24 hours, as it can interfere with the healing process or cause irritation.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE. A FOLLOW UP APPOINTMENT MAY BE SCHEDULED TO CHECK THE HEALING PROCESS AND OR TO REMOVE SUTURES.