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AFTER FILLING HOME CARE

Chewing and eating

If we used an anaesthetic (freezing) during the procedure, avoid chewing until the numbness has worn off completely.

- This may last 1½ to 3 hours (depending on the type of freezing and your metabolism), the injection site may feel tender and bruised.
- Do NOT eat directly on your new filling for 1 hour.
- Avoid hard or crunchy foods for the next 12 hours on your new filling, as it is continuing to harden (eg. popcorn, peanuts, raw carrots) also to prevent staining your fillings, avoid foods and drinks that can discolour teeth, such as berries, coffee, cola and red wine.

Brushing and flossing

Brush and floss normally.

If your teeth are sensitive to hot, cold, or pressure, use desensitizing toothpaste. If sensitivity persists beyond a few days, call us.

Discomfort

It is normal for your gums to be sore for several days. Once the cavity has been removed from your tooth you may sometimes experience cold & hot sensitivity for 4-6 weeks as your tooth heals. Your tooth should feel less sensitive as time goes on.

When to call us

Call our office if your bite feels uneven, you are unable to floss the area, you have sensitivity or discomfort that increases or continues beyond three or four days, or if you have any questions or concerns.

Note:

*If your tooth is sensitive we have found that ibuprofen (eg. Advil/Motrin) works well to eliminate inflammation. *Caution:* Do NOT use if you are allergic.

*Once freezing is gone, if your bite feels higher on the filling please contact the office to have it adjusted. Failure to call may result in pain in your tooth to biting, it is usually quicker to have it adjusted than to “wear it down” by chewing.