

FILLINGS: Postoperative Instructions

WHAT TO EXPECT AFTER TREATMENT

The numbness will usually last for 1½ to 3 hours. Please be very careful that you do not bite your lip, cheek or tongue, or burn yourself with hot foods or drinks.

Your teeth were numb when your bite was checked. If you feel that you are hitting on the new fillings first or harder than your other teeth, it is very important that we get you into our office for a bite adjustment to avoid multiple problems.

You may experience some soreness in your jaw, jaw muscles and gum tissue.

Over-the-counter analgesics usually alleviate any discomfort you may have. 600mg of Ibuprofen every 6 hours seems to work best for most people.

Warm salt water rinses (1/2 teaspoon salt in 8 oz. warm water) may help soothe sore gum tissues.

Return for follow-up evaluation if you experience prolonged discomfort.

We care about you. Do not hesitate to call us if you have any problems or questions.