

POST OP INSTRUCTIONS FOR FILLINGS

- You will be numb for approximately 2-4 hours after your procedure. The anesthesia we use wears off slowly within that time. Some people will metabolize it faster while others are slower. To speed up the process, drinking something caffeinated will help; but don't drink anything hot so you don't burn your mouth.
- It is common to be sore or achy near the injection site of the anesthetic. It is an injection just like your arm is sore after receiving a flu vaccine.
- **It is common to be sensitive to hot or cold for a few weeks after the procedure.** Most often, the sensitivity will go away within a few weeks, but some people take longer. If it is a large/deep filling, replacement of an old filling, or a tooth that was previously sensitive, these teeth will take longer to heal and still be considered normal.
- Sometimes, if a filling is in the center of the biting surface of your tooth, when you eat certain foods, you will be biting on just the filling, and not any tooth structure. This can produce a sudden, sharp painful sensation. While uncomfortable, this is considered normal and will subside, but often over a longer period of time.
- While we always check your bite with our articulating paper, your teeth can detect bite differences that are even thinner than our paper. Much like having a rock in your shoe causing a bruise on your foot, having an uneven bite will cause your tooth to become sore and sensitive. If, after the anesthesia wears off, the bite feels different or wrong, please call us and we can adjust your bite.
- White fillings are hardened by using a blue curing light. They will be as hard as they will ever be before you leave the office. You do not need to wait to eat or drink on the fillings. If you choose to eat before the anesthesia wears off, please be careful that you do not bite your tongue, lip or cheek, or burn yourself on any hot foods or liquids.
- If you have severe swelling, numbness that lasts for more than 6-8 hours, or can detect an immediate bite difference, please call the office at 856-343-4020.