



FILLINGS POST-OP CARE & INSTRUCTIONS

When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. We recommend that you avoid eating or chewing until the numbness has completely worn off because it is very easy to bite your tongue, lip and/or cheek. If discomfort is experienced, we recommend that you take pain medication (3 tabs of Motrin 200mg and 1 tab of Tylenol 500mg) before the anesthetic completely wears off and as needed. This will help with any swelling or pain at the injection sites where your anesthetic was administered.

It is normal to experience some hot, cold and pressure sensitivity after your appointment. Your gums may be sore for several days. Rinse your mouth 2-3 times a day with warm salt water (put a teaspoon of salt in a cup of warm water, rinse, and spit) to reduce pain and swelling.

Your new composite fillings are fully hardened before you even leave the office. One of the most common problems following filling placement with anesthesia is an incorrect bite. If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please contact our office.