



Garden Oaks Family and Cosmetic Dentistry

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Fillings – Post-op Instructions

WHAT TO EXPECT

- At the first appointment your tooth (or teeth) is prepared to remove any failing restoration or decay, and to shape the tooth to maximize retention of the filling material. The filling material is placed, cured, shaped and polished.
- If a local anesthetic was used, it will last from 30 minutes to several hours to wear off. Take care not to accidentally bite your cheek, lip or tongue after you leave.
- When fillings are initially placed, they may feel a little unnatural. The mouth is very sensitive to any changes in shape, size or texture. This feeling will disappear as your mouth becomes accustomed to the new filling(s). The teeth may be sensitive to cold or biting pressure at first, but this will pass with time.

RECOMMENDATIONS

- Tooth-colored (resin) fillings can be chewed on immediately.
- Maintain thorough dental hygiene to prevent decay at the point where the filling meets the tooth.
- Maintain your prescribed personal continuing care (cleaning) interval to minimize the risk of recurrent decay, and maximize the life of your fillings. The fluoride treatment we give you at the office will also help extend the life of the restorations.
- If the filling feels “high”, or the bite does not feel natural, call the office to have it adjusted.
- Spontaneous throbbing, or abnormal sensitivity, can indicate a problem with the nerve of the tooth. Call our office so we can evaluate the situation and relieve your discomfort.