

Fillings Post Op Instructions

Post-Operative Instructions for Dental Fillings

Thank you for choosing us for your dental care. Proper aftercare is essential for a smooth recovery. Please follow these guidelines:

First 24 Hours

1. **Numbness:** Your mouth may remain numb for a few hours. Avoid chewing on the treated side until the numbness wears off to prevent injury.
2. **Sensitivity:** Mild sensitivity to pressure, temperature, or sweets is normal and should decrease over time this could last anywhere from 3 weeks to 3 months.
3. **Pain Management:** If you experience discomfort, take over-the-counter pain relievers such as ibuprofen or acetaminophen as directed.
4. **Eating:** Use caution with very hot, cold, or sticky foods for the first 24-72 hours. There is no wait time for the filling to 'harden'.
5. **Gum Soreness:** Your gums may be sore for the first 3 days. Use warm salt water rinses to aid in healing.
6. **Bite Adjustment:** If your bite feels uneven or you experience persistent discomfort when chewing, contact our office for an adjustment.

Oral Care After Fillings

- Continue brushing and flossing as usual, but be gentle around the treated area.
- If sensitivity persists beyond a few weeks or worsens, let us know.

What to Watch For

- **Prolonged Sensitivity:** Sensitivity that lasts longer than a few weeks may require further evaluation.
- **Cracked or Lost Filling:** If your filling cracks or falls out, contact our office as soon as possible to prevent further damage or cavities to form.
- **Persistent Pain:** Mild discomfort is normal, but ongoing or severe pain may indicate a deeper issue.

Follow-Up Care

- If you experience any unusual symptoms or discomfort, reach out to our office for an evaluation.
- Regular check-ups will help ensure your fillings remain in good condition.

We are here to support you! If you have any questions, please contact our office. Wishing you a quick and comfortable recovery!