



Post Operative Instructions for Fillings

You have just gotten a new filling in your tooth. Here are some things to remember and what you may experience in the upcoming days and weeks.

- Remember that may still be “numb”. Please remember **not** to bite your cheek or tongue.
- If you have just had an amalgam (silver) filling **please chew on the other side of our mouth for the first 24 hrs.** Why? Although your filling seems hard after you leave, it takes 24 hours to completely harden. Chewing on the tooth too soon can cause small fractures that can affect the life of your filling. If amalgam (silver) filling has been placed on both sides of your mouth then please eat soft foods for the next 24 hours.
- With children, it can be hard for them to follow this 24 hour rule. Children may not be able to tell if their filling is missing, so it may be helpful for you to look in your child’s mouth a few weeks and months down the road.
- When flossing after you have had an amalgam (silver) filling **pull the floss through** instead of snapping it up and down for the first 24 hrs. Why? This can prevent pulling the filling out before it completely sets.
- If a filling has fallen out do not wait until the next cleaning to have it replaced. The decay will be a lot larger and deeper if you wait.
- If you had a composite (white) filling you can chew on them immediately, but there may be sensitivity.
- After the anesthetic wears off you may notice that your **bite is off**. It can be hard for you to judge if you are biting your teeth together correctly when you are numb. If your bite doesn’t feel right **please call** so your bite can be adjusted.
- After the filling your gums may be sore from treatment, so please rinse with warm salt water for the next couple of days (3 times a day) and continue to keep up with cleaning your teeth.
- You may experience **sensitivity** to temperatures for the next couple of days to weeks.
- If the filling was deep then you may experience some pain. If the pain starts to lessen over time this is a good sign. If the pain increases or gets worse please contact our office.