

Fillings

Did we just fix your tooth with a filling? Below, you can learn about what to expect once you get home from our office. Read over this page, follow the instructions, and everything should be great. If you have any questions, be sure to contact us right away.

- Local Anesthesia
 - Every patient becomes unnumb at different rates. Most patients will feel numb approximately two hours following the appointment. Avoid chewing on your tongue, lip, or cheek to prevent injury to these areas.
 - Avoid chewing or drinking hot beverages until the numbness wears off.
- Bite
 - After placing your new filling, it may take a few days to get used to.
 - The finished restoration may be contoured a bit differently and have a different texture than what you were used to with your tooth. Your tongue will become accustomed to the new filling in a few days.
 - If it feels like you are touching your new filling first or you just can't get all of your teeth together comfortably after a few days, call the office for advice or an appointment.
 - If you had a silver filling (amalgam), once the feeling has returned, avoid eating on the side that the filling was placed for 24 hours. This allows the material to completely harden. Only eat soft foods and do not chew on anything hard, crunchy, chewy, or sticky to allow the filling to harden.
 - If you had a white filling (resin), once the feeling has returned, you may chew on your new filling as it is as hard as it is going to get.
- Sensitivity
 - It is normal to experience some sensitivity to cold, hot, and pressure following the procedure. These symptoms will lessen within a few days to a few weeks. As long as the sensitivity continues to improve, there is no need for concern.
 - The deeper the cavity removed, the more sensitivity you may experience.
- Gum discomfort
 - Following the procedure, your gums may be tender. The gum tissue surrounding the filling and tooth, your jaw joint, as well as the area where the anesthetic was placed, can be irritated and sore for a few days. This is normal and will subside in 2 – 5 days.
 - If you are able to take ibuprofen, take two tablets every 6-8 hours for two days to alleviate the inflammation and reduce the soreness. Otherwise take one tab of Tylenol every 6-8 hours.
 - Rinse with warm salt water
- Home Care
 - Although the filling is quite durable, the tooth is still vulnerable to decay and can only hold so much filling material. It is important to resume regular brushing and flossing as well as regular dental visits. This will increase the longevity of your new filling.
 - Often small problems that are developing around the restorations can be found at an early stage and corrected easily, but, waiting for a longer time may require redoing the entire restoration. Inadequate return for examination is the most common reason for filling failure.