



**Post Operative Filling Instructions:** Congratulations to you for your commitment to your oral health. These instructions are provided for you to create a more comfortable after visit experience. Please feel free to contact us for any additional information or instructions.

1- We may have used a local anesthetic to thoroughly numb the area we treated today. This numbness in your lips, teeth and/or tongue might last for several hours after the procedure. To avoid damage to your tongue and lips you should avoid chewing until the numbness has completely worn off.

2- If you are supervising children who had fillings done, make sure they don't bite on their numb lips or tongue (it can cause serious injury to their soft tissue).

3- It's normal to experience some sensitivity to heat, cold and pressure after your appointment. You can also expect some soreness in your gums for several days. Rinsing with warm salt water can alleviate discomfort and swelling in the gums (one teaspoon of salt in one cup of warm water).

4- Because white fillings are fully hardened immediately after placement, you can chew as you would normally as soon as the numbness subsides. With silver fillings, you shouldn't chew hard foods or chew directly on the new filling for the first 24 hours. If possible, chew only on the opposite side of your mouth.

5- If your bite feels uneven, if you experience pain or discomfort for more than two weeks after the fillings, or if you have any questions or concerns about your new fillings, be sure to give us a call (360-GO BRUSH).