

**DENTAL FILLINGS
POST-OPERATIVE INSTRUCTIONS**

Refrain from eating at least 2 hours and until the anesthesia has worn off. Sensitivity, especially to cold, is common for a time following treatment. For the first few days avoid extremely hot or cold foods and beverages. It is normal to have discomfort in the gums around the tooth after the anesthesia wears off due to the procedure. If your gums are tender, rinse with warm salt water, dissolving 1/2 teaspoon of salt in an 8 oz. glass of warm water. An analgesic such as Tylenol or Advil will help to increase your comfort.

After the placement of your new restoration, it may take a few days to get used to it. If your bite feels unbalanced, please be sure to call our office for an appointment for a simple adjustment.

Although the treatment that was performed is quite durable, the underlying tooth is still vulnerable to decay, especially at the interface between the tooth and filling. It is important to resume regular brushing and flossing immediately. Daily home care and regulating your intake of sugar-containing foods will increase the longevity of your new restoration.