

Post-Filling Care Instructions

1) What's Normal

- **Tooth soreness or ache** is common for **7-14 days** after the fillings have been placed, but should be manageable with over-the-counter pain medicine.
- It is normal to experience some **tenderness while chewing** foods for 1-2 weeks (or for a few months when chewing hard or crunchy foods) after the fillings have been placed
- You may experience **cold sensitivity** for up to a couple of months after having fillings placed. This should improve with time.
- It is normal for your **gum tissue to be sore, red, and possibly swollen** after having fillings placed. Warm salt water swishes can help alleviate concerns with your gum tissue.

Salt water rinse — Mix **1/4 teaspoon salt** in **1/4 cup warm water**. Swish **3 times per day** for **60 seconds** each time until symptoms improve.

2) After Your Fillings

Your fillings are as strong as they can be when you leave our office BUT your mouth will be numb for a couple of hours. We recommend that you refrain from eating until you can fully feel your teeth when you are biting.

3) Pain Relief

For most patients, discomfort is most noticeable during the first **7-14 days** and should gradually lessen.

- We recommend alternating Advil and Tylenol every 6 hours to help manage any discomfort.
- If discomfort is not responding to 6 hour dosing of Advil or Tylenol, you may alternate every 3 hours.
- **Sample dosing schedule:** 9am 400mg Advil, 12pm 1000mg Tylenol, 3pm 400mg Advil, and so on.

Please call our office if pain continues beyond the first **two weeks** and/or is not treatable with Advil or Tylenol.

4) When to Call Our Office

It is **NOT** normal for your bite to feel off or like you are hitting too high on the new fillings after the numbness has worn off. If you notice this, **please call our office**.

If anything persists beyond what you feel is normal, please call our office.