

Post Operative Instructions after Fillings

- If you detect any high spots or problems with your bite, call our office so we can schedule an appointment to adjust your bite.
- It's normal to experience some hot and cold sensitivity following a filling procedure. Teeth require some time to heal after removal of tooth structure and may be sensitive in the meantime.
- Soreness in the gum tissue surrounding your tooth is common after certain procedures; however, symptoms usually disappear within a few days. Rinse with warm salt water in the area can help alleviate the soreness and promote faster healing.
- If you were given a local anesthetic, you'll want to refrain from drinking or eating hot liquids or foods until the numbness wears off to prevent injuring yourself. Also, avoid chewing in the area to prevent accidentally biting your tongue or jaw.
- At the site where the local anesthetic (numbing agent) was injected, you might have some bruising or swelling that will resolve in a few days—just like a bruise that occurs anywhere else on your body.
- Take an anti-inflammatory such as ibuprofen or naproxen to limit or resolve any initial discomfort. Normally, the discomfort will disappear within the next few days or weeks. If the pain doesn't subside or becomes severe, please call the office.
- Your jaw might be sore due to keeping your mouth open for an extended period during the procedure. If you experience temporomandibular (TMJ) soreness, avoid opening your mouth extremely wide or chewing on foods that cause discomfort until the issue resolves. An ice pack or warm compress along with an anti-inflammatory such as ibuprofen or naproxen can help.