



## PATIENT HOME CARE FOLLOWING FILLINGS

### How long before the anesthetic wears off?

Numbness may last approximately two or more hours. Before you eat you should assure that the local anesthetic has completely worn off. This is to prevent you from biting or injuring your lip, cheeks or tongue. Also, refrain from drinking anything hot in temperature. Sometimes patients also find it difficult to swallow while they are still numb, so please be careful.

### Tooth sensitivity

It is normal to have sensitivity to cold. This is usually from a normal reaction of the nerve following the procedure. Give it a week (it may take up to 2 weeks) and try a sensitivity protection toothpaste (i.e. Sensodyne or Colgate Pro-relief) until it subsides. The sensitivity should gradually be getting better, if it seems to worsen please call our office. There should be no throbbing or constant pain. Discontinue the use of any whitening toothpaste or other whitening products until the sensitivity subsides.

### Bite

If your bite seems off or if you cannot bite normally please call the office to have your filling adjusted. We do our best to assure the bite is balanced before you leave our office, however a lot of the times you are quite frozen and it is difficult figuring out what your "normal" bite is. The filling will not "wear down" on its own and the tooth may become tender. Our office only places tooth colored resin type fillings. These fillings are completely hardened when you leave the office. You can eat on them as soon as the numbness wears off. Although the fillings are polished before you leave, they may feel slightly gritty at first. This should go away after a couple of days. If not, please call back.

### Home Care

Your new filling does not require any additional care other than daily brushing and flossing. Be sure your toothpaste contains fluoride. New fillings are susceptible to developing new decay around the edges of the filling if not cared for. If you have experienced recurrent decay or have had multiple recurring cavities you may want to use a fluoride rinse.