

Dental Filling Post-Op Instructions

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1. Anesthetic Numbness Safety:

Avoid chewing foods, gum, or hot liquids until the local anesthetic has completely worn off. This prevents accidental biting of the tongue, lip, or inner cheek.

2. Tooth Sensitivity:

Mild sensitivity to hot, cold, or biting pressure is normal for a few days.

If sensitivity persists beyond 2-3 weeks, contact our office.

3. Bite Adjustment:

When the numbness wears off, close your mouth and chew normally.

If your bite feels high, uneven, or hits first on the new filling, please call us for a quick, painless bite adjustment.

4. Daily Care:

Continue regular brushing and flossing. Composite fillings are fully set instantly. Silver fillings require 24 hours to reach full strength; chew on the opposite side for the first day.