



Post-Operative Instructions Following Fillings

- When anesthetic has been used, your lips, cheek, teeth and tongue may be numb for several hours after the appointment. It is very important not to chew on the numb side (to prevent biting tongue, lip, etc.) until the anesthesia wears off.
- Children should be observed until the anesthesia has worn off. Due to the strange feeling of the anesthetic, many children chew on the inside of their cheeks, lips and tongue which can cause serious damage.
- With silver fillings, you should not chew hard foods or chew directly on the new fillings for the first 24 hours. If possible, chew only on the opposite side of your mouth. Composite (white) fillings are fully hardened and can be chewed on as soon as the anesthetic wears off.
- Your tooth (or teeth) may be sensitive to hot, cold or pressure from this procedure. This is completely normal. These possible symptoms will cease within a few days to a couple of weeks. In very few instances, this sensitivity could last longer than a couple of weeks. As long as your teeth or gums are continuing to feel better, (not staying the same, or getting worse) everything should be fine, and there is little need for concern.
- The gum tissue could have been irritated during the procedure and may be sore for a few days. The anesthetic injection site may also feel sore or bruised.
- If possible, take an over the counter pain reliever such as Advil/Ibuprofen (or whatever you would normally take for a headache), to help with the tenderness or discomfort. This will help with any soreness at the injection sites where your anesthetic was administered.
- Once the anesthesia has worn off, if you feel as though any of the teeth we have worked on are hitting first when you bite down, please give our office a call immediately. This imbalance with your bite may cause further discomfort and should be adjusted.
- If you have any other questions or concerns, please call our office at (480) 734-2080