White Filling Post Treatment Care

White tooth-colored fillings are one of the most common dental procedures performed today. Listed below are some important things to be aware of, as well as common experiences, after having white fillings.

- If you received anesthetic to numb the area, avoid chewing anything until the numbness goes away and all feeling is back.

    o   Please pay special attention to children that had anesthetic as they tend to play with the area with their tongue and can easily chew their tongue, lips and cheek as the feeling begins to return. This lengthens the healing process.

- Once the feeling has returned, you may chew on your new filling as it is as hard as it is going to get.

    o   Test your bite to see if it feels balanced all over – sliding your teeth back and forth, and forward and backward (just like in the office near the end of the appointment).

    o   If it feels like you are touching your new filling first or you just can't get all of your teeth together comfortably, call the office for advisement or an appointment.

- It is common to experience sensitivity to hot and cold for a few weeks following a white filling restoration. The deeper the cavity removed, the more sensitivity experienced.

    o   It is recommended that you chew slowly and on the other side of your mouth if you experience sensitivity.

    o   If it has not subsided within 10 – 14 days, OR it gradually gets worse, call the office for advisement or an appointment.

- The gum tissue surrounding the filling and tooth, your jaw joint, as well as the area where the anesthetic was placed, can be irritated and sore for a few days. This is normal and will subside in 2 – 5 days.

    o   If you are able to take ibuprofen, take two tablets every 6-8 hours for two days to alleviate the inflammation and reduce the soreness.

- The finished restoration may be contoured a bit differently and have a different texture than what you were used too with your tooth. Your tongue will become accustomed to the new filling in a few days.

Thank you and please call the office if you have any questions or concerns.