



## CARE INSTRUCTIONS: FILLINGS

- Your anesthesia will wear off in approximately 1-3 hours after the procedure. It is very important not to chew on the numb side (to prevent biting your 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.
- Your teeth may be sensitive to hot, cold, or pressure from this procedure. This is completely normal. Hot, cold, or pressure sensitivity should improve 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 is fine, and there is no need for concern.
- Once the anesthesia has worn off, you may notice 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.
- 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.
- 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 set up right away and can be chewed on as soon as the anesthetic wears off.
- If you have any other questions or concerns, please call our office.