

FILLINGS

After Care Instructions

- Numbness: Be very careful not to bite, chew, pinch, or scratch the numb area. You might be numb for several hours after you leave the office.
- It is common for the jaw and gums to be sore following the procedure. Apply ice packs on the affected area for 15 min on, then 15 min off. Repeat as needed in the first 24hrs.
- Sensitivity is a common post-operative symptom, especially with deep fillings,
- Symptoms can last from several days to several weeks.
- Please contact the office if symptoms persist beyond two weeks, do not decline, or are not manageable with over-the-counter pain medication.
- It is not uncommon to need to return for a bite adjustment one to two weeks after a filling.

When to contact the office

- Severe discomfort that wakes you up at night or spontaneously during the day
- Severe discomfort to a temperature that does not go away after 1-2 minutes (it lingers).
- Swelling outside of your mouth.
- Difficulty swallowing or breathing.
- Discomfort when biting down or feeling “high spots” when chewing.