

POST-OPERATIVE INSTRUCTIONS FOLLOWING DENTAL FILLING

Provided for your comfort and recovery following removal of decay and insertion of dental filling.

Numbness & Chewing

- Your lips, teeth, and tongue may remain numb for several hours after the appointment.
- Avoid chewing or eating until the local anesthetic has completely worn off to prevent accidentally biting your lip, cheek, or tongue.
- Your filling is fully set before the end of your appointment; feel free to eat normally.
- For fillings done at the edges of front teeth, be aware that biting into things like apples, corn on the cob, etc may result in fracture of the filling and recommendation of stronger porcelain restoration.

Pain & Sensitivity

- Mild temperature and pressure sensitivity is normal after the procedure as the nerve and surrounding tissues recover.
- Your gums around the prepared tooth may be tender or inflamed for a few days due to the procedure.
- Discomfort can usually be managed with over-the-counter pain medications like ibuprofen (Advil) or acetaminophen (Tylenol), taken as directed, unless contraindicated.

Oral Hygiene

- Continue to brush & floss your teeth normally to keep the gum tissue healthy and prevent decay.
- Fillings in between teeth may experience slight shredding of the floss, we do our best to minimize this

Swelling & Complications

- Significant swelling is not typically expected, though minor gum inflammation is normal.
- If your bite feels uneven or "high" once the numbness wears off, please call the office to have it adjusted, as this can cause prolonged pain.
- If your filling feels sharp to your tongue once the numbness wears off, please call the office to have it adjusted, as this can cause prolonged irritation.

Nutrition & Habits

- Avoid highly cavity causing foods and beverages as this can result in new decay forming underneath your existing filling.
- Using a desensitizing toothpaste such as Sensodyne, Colgate/Crest Sensitivity, or alternatives is advised should you experience heightened sensitivity following a filling

Appointments

- Same-day crowns won't require follow-up unless you are requesting one due to an unlikely complication.
- For teeth with temporary crowns: Your permanent crown is being custom fabricated and will take 2-3 weeks to perfect.

Questions or concerns? Call us at Clayton Family Dental 919-585-1081 or visit us online at www.claytonfamilydmd.com

EMERGENCY CONTACT INFORMATION

If you experience severe pain, excessive swelling, uncontrolled bleeding, or fever, please contact your dentist or proceed to the nearest emergency room.

Emergency facilities within a 20-mile radius of 49 Healthpark Way, Clayton, NC:

1. UNC Health Johnston Clayton (South/Central)

2138 Veterans Parkway
Clayton, NC 27520
Phone: (919) 585-8000

2. WakeMed Garner Healthplex ER (Northwest)

400 U.S. Highway 70 East
Garner, NC 27529
Phone: (919) 350-8000

3. UNC Health Johnston Smithfield (Southeast)

509 N Brightleaf Blvd
Smithfield, NC 27577
Phone: (919) 934-8171

4. WakeMed Raleigh Campus ER (North)

3000 New Bern Ave
Raleigh, NC 27610
Phone: (919) 350-8000