

INFORMATION AND PRECAUTIONS  
FOR  
NEW FILLINGS

To prevent discomfort from you new fillings, we offer the following advice:

1. Avoid eating very hot or very cold foods.
2. Do not chew on anything hard or the first 24 hours. Chew on the other side of your mouth.
3. To prepare you tooth for the filling, decayed tooth structure is removed leaving a cavity in you tooth. This irritates your tooth and can result in inflammation and tooth sensitivity when the anesthetic wears off. An anti-inflammatory, such as, Advil or Aspirin can be taken. You can also take an analgesic, such as, Tylenol.
4. If you feel any discomfort when you bite down on you teeth, it may be that the filling is a little too high and may need a minor adjustment.
5. If any pain persists after two weeks or if it gets worse rather then better, please call our office.
6. For some people, white fillings are sometimes more sensitive. A tooth having received a white filling may remain sensitive for an extended period of time before it resolves.
7. After you have a received an anesthetic (freezing) for your lower teeth, take care not to bite your lip, tongue or cheek.