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Instructions for Patients with New Fillings

Today you received new fillings; these instructions will help you adjust and will answer commonly asked questions.

1. Whether you received a white or silver filling, the restored tooth has been excited and will take a few days to calm down. It is natural for a newly restored tooth to be hypersensitive to temperature changes for a few days following treatment. It usually takes a few weeks for the tooth to recover, then things should return to normal.
2. If you received local anesthetic, it usually takes about four hours to totally wear off. **Do not eat until the numbness is gone.** You may accidentally bite your cheek or lip and cause injury. The jaw may feel uncomfortable opening wide for several days. Advil, Tylenol or Aspirin may help 2-3 times per day.
3. White plastic restorations achieve their total hardness while you are in the dental chair. Silver restorations do not achieve total hardness for about 24 hours. However, they are about 80% hardened in about four hours. You may eat soft food the rest of the day; do not eat hard food until tomorrow.
4. You may drink liquids immediately; there is no waiting period.
5. The bite of the restoration was checked when it was placed, however, if it should feel too high later; please call the office. It only takes a few minutes to adjust it.
6. Dental research indicates that 7-8% of teeth requiring treatment may someday require root canal (endodontic) therapy.

If you should encounter any problems, please call the office.