

## FILLING POST-OPERATIVE INSTRUCTIONS

These instructions are intended to protect your tooth and to minimize any problems or discomfort you may encounter.

### GENERAL INSTRUCTIONS

It is normal for teeth to have slight sensitivity after having work done. A normal sensitivity to cold lasts for 15 seconds *at most* after drinking something cold. This should last for only 2 weeks. You are able to eat on a tooth-colored filling four hours after the procedure. If you had a silver filling placed, please wait 24 hours to eat on that filling.

### YOUR BITE

If you feel that your bite is uneven, it is very important to call us. An uneven bite will feel as though you are hitting heavily on the tooth that was filled. It will feel like a strawberry seed stuck between your top and bottom tooth. An uneven bite can also result in tooth pain on the tooth that hits on the tooth that was filled. It can also result in a pain in your jaw or in the muscles in your jaw. An uneven bite is by far the most common problem we encounter after a filling is placed. You could notice this problem as soon as the anesthetic wears off, or it may take several days. The treatment to correct an uneven bite is very simple and takes less than five minutes.

### NUMBNESS

Your lips, teeth and tongue may be numb for several hours after the appointment. Avoid chewing anything until the numbness has completely worn off.

### FINAL THOUGHTS

**If you have *any* problem with your filling, do not hesitate to call us.**

Thank you for the opportunity to serve you.

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