

## Post-Op Instructions: Dental Fillings

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Thank you for trusting us with your care! Please review the following instructions to help ensure a smooth recovery and long-lasting results from your new restoration.

### Eating and Drinking

#### **If you received anesthetic (numbing):**

- Avoid eating until numbness has completely worn off (usually 1–3 hours).
- Be careful not to bite your cheek, lip, or tongue while numb.
- Avoid hot foods and drinks until full sensation returns.

#### **Composite (white) fillings:**

- The material is hardened immediately with a curing light.
- You may eat once numbness wears off.

#### **Amalgam (silver) fillings (if applicable):**

- Avoid chewing on that side for 24 hours.
- Eat softer foods the remainder of the day.

### Sensitivity

It is normal to experience:

- Mild sensitivity to cold or air
- Slight tenderness when chewing
- Minor gum soreness near the injection site

This may last a few days to a few weeks.

To reduce discomfort:

- Avoid very cold or very hard foods temporarily.
- Use toothpaste for sensitive teeth if needed.
- Over-the-counter pain relievers (ibuprofen or acetaminophen) may be taken as directed unless otherwise advised.

## **Bite Adjustment**

Your bite may feel slightly different at first. However:

- If your tooth feels **“high” when you bite**, or
- If you experience **sharp pain when chewing or tapping the tooth**,

then please contact our office. A small adjustment can usually resolve this quickly.

## **Oral Hygiene**

- Brush and floss normally beginning tonight.
- Be gentle around the area if gums feel tender.
- Maintaining good home care will extend the life of your restoration.

## **When to Call Us**

Please contact our office if you experience:

- Severe or worsening pain
- Persistent sensitivity lasting more than 2–3 weeks
- Swelling
- A chipped, cracked, or dislodged filling
- Difficulty chewing that does not improve

## **Long-term Care**

Fillings are durable but not permanent. With proper care, they can last many years.

Avoid chewing ice, hard candies, or non-food objects to help protect your restoration.

## **Call Our Office If You Experience:**

- Persistent jaw pain or headaches
- Tooth pain or shifting bite
- Cracks or damage to the appliance
- Discomfort that does not improve
- Snoring or sleep symptoms that return (for sleep apnea devices)

**Questions or concerns? Please call King & Miles Family Dentistry at 812-473-1128.**

**We're here to help!**