

# >>Post-op Care Instructions



## Fillings, Inlays, and Onlays

> Anesthetic is usually used for dental fillings. Your lips and tongue could be numb for several hours after your appointment. It is recommended that you avoid chewing until the numbness has completely worn off to avoid injury.

> Your gums around the teeth that were treated will likely be very sore for about a week. This is normal and heals fastest if you keep it clean with gentle brushing and rinse with warm salt water (approx 1 teaspoon salt per cup of water).

> If you experience difficulty flossing between the treated teeth or find that the floss is constantly being shredded, call for an appointment at your convenience to smooth the contacting tooth surfaces.

> It is common for the teeth to feel “dirty” to your tongue after placing a new filling. This is usually excess bonding liquid that smears on the side of the tooth. It is transparent and may not have been sufficiently removed when the tooth was polished. This usually wears away on its own, but if it is irritating, let us know so we can remove it and re-polish the tooth.

> Hot, cold, and pressure sensitivity is normal after your appointment. It usually takes 2 to 4 weeks after the filling is placed for these symptoms to resolve completely on their own. The injection site may also be sore. Over the counter pain medications should handle any discomfort.

> The bite was checked at the end of your appointment and the technique used to check the way your teeth meet can be very accurate. When your bite was checked, however, you were numb, laying on your back, and your mouth had been open for an extended period of time. This may have prevented your jaw from biting correctly when the bite was checked. This could lead to the bite being “off” with your new filling(s). This is the most common cause of lingering discomfort after fillings. If sensitivity to temperature, pressure, chewing, or any unexplained sensitivity persists, or gets worse, call our office immediately for an appointment. The bite likely needs a slight adjustment.



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