

Post Op Instructions: Fillings

Anesthetic

- When anesthetic has been used, your lips, teeth and tongue may be numb for several hours after the appointment. Lip and gum numbness may last for up to 5 hours from when the anesthetic was given.
- Avoid chewing until numbness has completely worn off to avoid biting or burning your tongue or lips.
- It is normal to be sore in the site of injection for several days.

Discomfort

- It is normal to experience soreness at the injection site and sensitivity to hot, cold and pressure after your appointment. Hot or cold sensitivity may linger for several weeks after the placement of the fillings, but these symptoms will subside over time.
- You may take over the counter pain relievers (such as ibuprofen or acetaminophen) for tenderness or discomfort.
- Your gum around the tooth may be sore from the procedure for a few days. Rinse with warm salt water every 2-3 hours as needed. To make warm salt water, mix 1/2 teaspoon salt with 1 cup WARM water

Fillings

- It is normal for the bite to feel a little different after you have had fillings placed. We check the bite after the filling is completed, but because you are still numb, you may not be biting in your normal bite.
- You should NOT have pain with biting, hear squeaking when you chew, or feel like you are only biting on your new filling.
- We do our best to make fillings feel as natural as possible, but please understand that the cavity dictates the size and shape of the filling. Sometimes when a cavity is very large it is not possible to get a filling to feel like the tooth did naturally.
- It is normal for the filling to have a slightly different texture than your natural tooth.
- Sometimes your tongue will feel some extra adhesive residue around the filling. This should wear off in a couple of days.

When to call

- If you experience severe pain, swelling, or suspect you have an infection, please let us know right away. You can reach Dr. Aronson after hours at 970-658-0810.
- If you think you may need to have your bite adjusted or the filling smoothed, please call the office so we can schedule a 10 minutes adjustment appointment. Our office number is **970-472-0488**.
- Please let us know if this is the case, and we will schedule a time during normal business hours to make a quick adjustment. Adjust appointments don't require any anesthetic and typically only take about 10 minutes.