

POST-OPERATIVE INSTRUCTIONS
AFTER RESTORATIVE TREATMENT (FILLINGS)

When anesthesia has been used, your lips, teeth and tongue may be numb for several hours after your appointment. Avoid any chewing and hot foods until the numbness has completely worn off. It is recommended that you take some ibuprofen before the anesthetic completely wears off. This will help with any swelling at the injection sites where your anesthetic was administered. It will also help diminish swelling of the nerve that may be existent, (swelling often occurs in the nerve after cleaning out decay from a tooth).

It is normal to experience some hot, cold and pressure sensitivity after your appointment. You may be sore for several days. Rinse your mouth three times a day with warm salt water (put 1 teaspoon of salt in a cup of 8 oz. warm water, rinse- swish-spit) to reduce pain and swelling.

You may chew right away on new composite fillings, since they set completely on the day of your appointment. For amalgams you should wait 24 hours before applying chewing pressure.

If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns; call our office immediately to obtain help or advice. 847-864-8151.

F.Y.I.

A **Composite** is a non-metallic, tooth colored material. You may experience some minor sensitivity to temperature and pressure for a few days. If your filling was especially large, it is not unusual to experience some sensitivity for a week or two.

An **Alloy / Amalgam, or silver filling**, can be sensitive to cold and biting pressure for several days. After this filling is done, you need to be careful not to bite anything hard for 24 hours. If sensitivity persists for more than one week, please call the office and let us know.

Dr. Jim & Dr. Bob are available 24 hours through the office phone number,
847-864-8151.

If you feel you are experiencing an emergency, please do not hesitate to call our office and obtain a number to reach your doctor. It is our pleasure to be here for you.