

What To Do After a Tooth Filling

The steps that you should take after a tooth received and whether or not you received anesthesia.

Anesthesia- Your lips, teeth and tongue may be numb for several hours if anesthesia was used. While your mouth is numb, you'll want to be careful not to bite your cheek, lip or tongue. If the numbness does not subside within several hours or by the following day, contact our office.

Composite (White) Fillings-You should avoid chewing foods until the anesthesia you received wears off and you have your feeling back in your cheek, lips and tongue. You may chew again as soon as you have your feeling back. The filling is as hard as it will get when you leave our office. If you did not receive anesthesia, you may chew right away after your appointment.

Sensitivity or Soreness-It is normal to experience some sensitivity to hot, cold, and pressure after your teeth have been filled. If our gums are sore for the first several days, rinse three times a day with warm salt water (one teaspoon of salt dissolved in 8 ounces of warm water). An over-the-counter pain medication may be used for discomfort.

Oral Hygiene-It is important that you continue to maintain consistent oral hygiene. Brushing twice daily and flossing daily are essential. Regular hygiene maintenance appointments in our office are also a critical component in the long term care of your teeth. While most patients have their teeth cleaned professionally on a 6 month interval, our doctor may recommend that you make appointments more frequently if you have specific needs.

Indirect Pulp Cap-Occasionally, if the decay was deep but did not enter the nerve and blood supply, a "medicated buffer" (indirect pulp cap) will be placed to help calm any irritation to the nerve that may occur. Many times this is adequate to prevent any further treatment. However, sometimes the bacteria from the decay have microscopically leached into the nerve and blood supply, and the tooth may require additional treatment. Symptoms will determine if further treatment is necessary. Symptoms will determine if further treatment is necessary.

Do not hesitate to call our office if you need further clarification for any of the post operative instructions provided here.

972-519-9787