

BASIC RESTORATIONS

Today you received a restoration on your tooth, also called a filling. If we placed a silver (amalgam) filling you should not eat for one (1) hour and do not chew on that side for at least 24 hours. If we placed a tooth colored (composite) filling, you can eat and drink right away.

If we used anesthetic, avoid or be very careful chewing and/or eating hot foods or drinking hot beverages until the numbness has worn off completely so that you do not accidentally bite or burn yourself. The numbing in the upper jaw will last approximately 1 hour, and the numbing in the lower jaw will last up to 4 hours. The site where the anesthetic injection (needle or shot) was given may also be sore for a few days. Your gums may also be sore- to reduce discomfort or swelling, rinse your mouth with warm salt water 3-4 times a day.

Please follow the recommended oral hygiene routine of brushing twice a day for two minutes with fluoridated toothpaste and flossing once a day to avoid getting a cavity or gum disease around the filling.

The finished restoration may be contoured slightly differently and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days. If you notice that your bite feels off or the filling is still bothering your tongue after a few days, please call us- your filling may need to be slightly adjusted.

Following a dental restoration it is common for your teeth to be sensitive to heat, cold, or pressure- especially if the cavity was large. You can use desensitizing toothpaste (Sensodyne®) to help with the discomfort. The sensitivity may last several days to several months depending on how deeply the decay invaded your tooth before we treated it. The sensitivity is usually most noticeable the first 12-24 hours after the anesthetic wears off and then disappears slowly. If sensitivity persists beyond a few days or worsens after a couple days, please call us. These symptoms may indicate that the decay has invaded the nerve of the tooth and a filling may not be enough to completely treat the tooth. If this is the case, your dentist may recommend root canal treatment.

If you have any questions or concerns, please call us at (215) 525-3046.