



Burman Dental, L.L.C.

Love Your Smile

Post Operative Care for Fillings

First 24 Hours

- ◆ Do not eat while numb – you can bite or burn your lips, gum tissue, or cheek.
- ◆ After numbness wears off, evaluate your bite; it should feel normal and even. Check for sharp edges and call the office if you need to schedule a quick adjustment.
- ◆ Soreness at the injection site(s) and sore jaw muscles is expected; use over-the-counter pain relievers to help ease your discomfort.
- ◆ Your gums may be slightly sore and red. Add ½ teaspoon of table salt to 8 oz (1 cup) of warm water and rinse for 30 seconds at least 3-5 times a day until the area feels better.
- ◆ Keep a soft diet and try to chew on the opposite side of mouth for 24 hours.
- ◆ You may brush and floss normally after today's treatment (if you have any difficulty flossing the area where the filling was placed, please call the office as any obstruction stopping the floss from getting between the teeth can cause a trap for food and bacteria).

Parents: Please make sure your child does not “play” with or bite their numb lip and cheek. Sores and general irritation will develop and become very uncomfortable once the anesthetic has worn off.

What to Expect

- ◆ Sensitivity to temperature during the first 1-2 weeks is normal; over-the-counter pain relievers may be used to help relieve discomfort.
- ◆ Call the office for an appointment if you experience throbbing, pain that wakes you from sleep, or spontaneous pain.
- ◆ If you had a tooth-colored (white) filling done, a layer of sealant may have been placed. This sealant may cause your bite to feel abnormal. It should return to normal over the first week. If your bite still feels high or uneven, and it's over a week, call to schedule a quick bite adjustment.

Routine Maintenance

- ◆ It is very important that the doctor and hygienist examine and maintain your oral health to **PREVENT** minor issues from turning into major ones; your filling is *guaranteed* against breakage as long as you keep your recare appointments as prescribed by the doctor or hygienist.