



INSTRUCTIONS AFTER FILLINGS

After getting dental fillings, you should take some precautions to help your teeth heal and prevent cavities:

Avoid eating

Don't eat for at least two hours, or until the anesthesia wears off. You can also avoid hard and sticky foods, like nuts, ice, and caramel, that could put pressure on your teeth.

Be gentle

Don't use your teeth as tools, like opening bags or pulling strings. If you're supervising children who've had fillings, make sure they don't bite their lips or tongue.

Rinse

Rinse your mouth with warm salt water ($\frac{1}{2}$ teaspoon of salt in 8 oz. water) a few times a day to reduce pain and swelling.

Take medication

You can take a mild pain reliever like Tylenol or Advil, or an anti-inflammatory medication.

Brush and floss

Resume your regular brushing and flossing routine to keep your teeth healthy and prevent cavities.

Limit certain foods and drinks

Avoid coffee, red wine, tea, berries, and sugary foods, which can stain your teeth or contribute to decay. Instead, drink water and chew sugar-free gum.

Be patient

It's normal to experience some sensitivity to hot, cold, and pressure for a few days to a few weeks. Your gums may also be sore, but this should subside within a few days.

If you feel sore after more than a week, please call our office. If you feel like the side of your mouth where the filling was done is touching before the other side, you likely need an adjustment. Please let our office staff know, as this may cause you discomfort in the future.