

POST-OPERATIVE INSTRUCTIONS AFTER RESTORATIVE TREATMENT (FILLINGS)

When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing 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 or pain at the injection sites where your anesthetic was administered. It will also help diminish any swelling in the nerve that may be existent (swelling often occurs in the nerve after cleaning out decay from the tooth).

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

It has been found that approximately six percent of teeth that require extensive fillings actually have very sick or dead nerves. Most of these teeth may have a problem with the nerve even if the tooth has not been bothering you before. That is why it is important to continue taking care of the tooth and trying to keep the swelling down in the nerve, to ensure that if enough life is left in the nerve, it may heal after the restorative treatment. For this to occur, the ibuprofen tablets should be continued every eight hours for two or three days after treatment unless you cannot take that medicine.

You may chew right away on new white fillings, since they set completely on the day of your appointment.

If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please call our office immediately to obtain help or advice at 310.275.1399.