



COMPTON FAMILY DENTISTRY

Sedation and Comprehensive Care

POSTOPERATIVE FILLING INSTRUCTIONS:

1- You can drink liquids right away. Do not eat anything but very soft foods (pudding, pasta, oatmeal, etc) on your new filling for at least one hour and until your numbness is gone. Do not chew gum while numb.

2- If you are supervising children who had fillings done, make sure they don't bite on their numb lips, cheeks, or tongue (it can cause serious injury to their soft tissue). Assume the child is numb for the next 4-6 hours and monitor them closely that they aren't biting or pinching soft tissues; do not give the child gum, meat, crunchy foods, or chewy candy.

3- Do not bite hard or chew on silver amalgam fillings for 24 hours.

4- Some mild and temporary swelling, bleeding, sensitivity, and soreness is normal after most dental procedures. Call our office if you experience pain or discomfort for more than a few days or if you have severe or spontaneous pain after the fillings, especially if we discussed the possibility that the tooth might need endodontic therapy (root canal) due to deep decay, trauma, or other complications.

5- White fillings stain more easily than your tooth; if you've had white fillings placed (especially on the front surface of a front tooth), it is a good idea to avoid excessive tea, coffee, fruit punch, red wine, or other darkly pigmented beverages. White fillings will need to be redone more frequently than silver fillings.

6- A large white filling that takes up the biting edge of a front tooth will never be as strong as the original tooth or a crown would be. If we have placed a large filling (white or silver) on any tooth and discussed the need for a crown in the future, it is wise to obtain definitive treatment as soon as possible. Until this can be done, avoid biting into hard foods like an apple or chewing hard foods like nuts on a tooth with a large or vulnerable filling.