



Patient Care Instructions for Tooth Colored Fillings

Checking the Bite

After the local anesthetic wears off, please check your bite. Occasionally the bite feels off after full sensation returns. If this occurs, an adjustment may be needed. Please call the office for an appointment to restore your bite to normal. If the bite is “off” it can cause sensitivity to chewing, hot and cold, and a dull throbbing ache.

Hot and Cold Sensitivity

Sensitivity is normal, but should not last more than 10 seconds. Slight thermal sensitivity is considered normal up to 6 months. If you are having discomfort after exposure to hot and/or cold that lingers longer than 10 seconds, please contact the office as further work may be indicated.

Gum Care

Brush and floss to maintain cleanliness. If gums are tender to brushing and/or flossing, warm saltwater rinses will promote healing. Rinse as often as possible with 1 teaspoon of salt to 8oz. of lukewarm water. Gums that are not kept clean become easily infected causing an increase in discomfort and prolonged healing.

Medication

Post-operative soreness is normal. The medicines listed below will reduce and minimize minor discomfort.

Aspirin: 750mg every 6 hours

Aleve: 275mg every 6-8 hours

Advil: 600-800mg every 6 hours (Advil is a brand name for Ibuprofen)

Tylenol: 1000mg every 6 hours (Tylenol is a brand name for Acetaminophen)

Notes

Approximately 10% of cracked teeth will eventually need root canals. Old, large fillings that have been replaced with a new filling may also need root canal therapy or crowns.

Please call the office if you have any questions, or need more information