



Post-Operative Instructions After Filling Treatment

1. Avoid Eating Immediately:

For a Composite Filling: Wait at least 30 minutes before eating or drinking, as the filling needs time to set.

For an Amalgam Filling: Wait at least 1-2 hours before eating or drinking to allow the filling to fully harden.

2. Sensitivity:

It is normal to experience mild sensitivity to hot, cold, or pressure in the treated tooth for a few days after the filling. This should improve with time. If sensitivity persists or becomes severe, contact your dentist.

Over-the-counter pain relievers like Advil or Tylenol can help alleviate mild discomfort.

3. Avoid Hard or Sticky Foods:

For the first 24 hours, avoid chewing hard, sticky, or chewy foods (such as gum, caramel, or nuts) to prevent damaging the filling or irritating the treated tooth.

4. Chewing on the Treated Side:

If possible, avoid chewing directly on the side of the filling for the first 24 hours. This will help prevent any discomfort or potential damage to the new filling.

5. Oral Hygiene:

Brush your teeth gently around the filling area. Avoid brushing too hard on the newly filled tooth, especially if it's still sensitive.

Continue to floss regularly but be gentle around the filling to avoid disturbing the material.

6. Monitor for Any Changes in the Filling:

Keep an eye on your filling to ensure it stays intact. If you notice any sharp edges, discomfort, or if the filling seems loose or falls out, contact your dentist immediately.

7. Numbness After Local Anesthesia:

If local anesthesia was used during the procedure, be cautious until the numbness wears off (usually within a few hours). Avoid biting your tongue, cheek, or lip while they are numb, as this can cause injury without you realizing it.

8. Avoid Smoking:

If you smoke, try to avoid it for the first 24 hours after the filling. Smoking can irritate the treated area and may cause delayed healing.

9. Follow-Up Appointment:

A follow-up visit is usually not required unless you're experiencing problems with the Filling (like discomfort or the filling falling out). However, if you have any concerns, don't hesitate to reach out to your dentist.

10. Pain or Discomfort:

A mild ache or tenderness in the treated tooth can occur after the filling. This should subside within a few days. If you experience prolonged or severe pain, contact your dentist.

11. Avoid Clenching or Grinding Teeth:

If you tend to grind or clench your teeth (bruxism), you may want to discuss this with your dentist. Grinding can cause wear or damage to your fillings.

12. If You Experience Any Problems:

If you feel that the filling is too high, causing discomfort when you bite down, or if you notice any other unusual symptoms, make sure to schedule an appointment for an adjustment.