



Post-Operative Instructions for Your New Posterior Filling

Oral Hygiene:

Continue with your regular oral hygiene routine. Brush your teeth gently twice a day and floss daily to keep the area clean.

Diet:

You can eat and drink immediately after the procedure, however, be careful while you are still numb.

Avoid chewing on the side that is numb to avoid accidentally biting or chewing your tongue or cheek.

Sensitivity:

Some sensitivity and mild discomfort are normal after the procedure. This should gradually decrease over a few days.

You may experience some mild sensitivity to hot, cold, or sweet foods and drinks that wasn't there before the filling was placed, this is normal and should subside within a few days.

Using toothpaste for sensitive teeth can help.

Bite Adjustment:

If your bite feels uneven or if you experience discomfort when biting down, contact your dentist. An adjustment may be necessary.

Functionality:

The filled tooth should function like a natural tooth. You should be able to eat, speak, and smile confidently.

Longevity:

With proper care, the filling can last many years. Continue with regular dental check-ups and cleanings to maintain its condition.

If you have any specific concerns or experience unusual symptoms, don't hesitate to call us.