

Following a procedure in which the lip or cheek are numb, be careful not to chew or eat on the affected side. When you leave the office, your filling is hardened to about 90%. Please avoid chewing on very hard foods (such as almonds, popcorn, candy, ice...) for the next 24 hours while the fillings harden the last 10%.

- You can eat and drink normally right after the appointment, being careful not to bite your numb lip, cheek or tongue.
- Brush and floss the areas as you normally would.
- Sensitivity to hot and cold is not uncommon if the decay or preparation was deep or close to the nerve. If the tooth is responding and healing, sensitivity only lasts for a short time after the cold is introduced and does not linger. Gradually over time the thermal sensitivity decreases, as the tooth develops a healed, protective layer. It is not uncommon for this minor sensitivity to last for up to 4 weeks.
- Pain might be experienced due to muscle tightness or tenderness following operative procedures, especially at the site of the injection. Common remedies would be an anti-inflammatory pain medication such as Advil, Motrin or Ibuprofen.

Very important!

- If a filling or other restoration feels "high" and does not allow the other teeth to close together or you are having **PAIN WHILE CHEWING**, please contact us within a few days of your appointment for a slight adjustment of the biting surface of the tooth. Do not wait thinking it will settle down. While you are numb, you might have difficulty "feeling" if your bite is correct because the sensation is skewed.

A repair or new filling or crown makes a change, however small, in the way teeth fit together. The tongue and cheeks will notice a change and adapt to the new addition. The filling might also feel rough to the tongue for a few days. As you brush your teeth, the filling will become smoother. The finished restoration may be contoured slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days

Please do not hesitate to contact us for an adjustment if the bite does not feel right after 48 hours.

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