

Fillings

Homecare:

How to care for your teeth after having a filling

To keep your mouth comfortable after having a filling follow the tips below.

- If we used anesthetic during procedure, avoid chewing until numbness has worn off. Your lips, teeth and tongue may be numb for several hours after the appointment.
- It is normal to experience some hot, cold and pressure sensitivity after your appointment
- Your gums may be sore for several days.
- To further reduce discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about a pinch of salt per glass of warm water.
- Do not chew hard foods for 24 hours following appointment.
- For silver fillings: do not chew directly on the new silver filling for 24 hours following appointment.
- For white fillings: you can chew right away on the white fillings because they set completely on the day of the appointment.

When to call our office:

- Call our office if your bite feels uneven
- You have sensitivity or discomfort that increases or continues beyond three or four days
- Your filling feels like it came out
- If you have any other questions or concerns