



Pre-Op Instructions for Dental Direct Restorations (Fillings)

Postoperative care is crucial for the success and healing of your dental filling. Following these instructions will help ensure a smooth recovery and optimal results.

Avoid Chewing on the Filling

For the first 24 hours after the procedure, avoid chewing on the side of your mouth where the filling was placed. This gives the filling time to set and reduces the risk of damage.

Be Cautious with Numbness

If local anesthesia was used, be careful not to bite or chew your cheeks, lips, or tongue while they are still numb. The numbing effect should wear off within a few hours.

Sensitivity

It's common to experience some sensitivity to hot and cold temperatures after getting a dental filling. This sensitivity should improve within a few days. If it persists or worsens, contact your dentist.

Take Pain Medication as Directed

If you experience mild discomfort after the procedure, you can take over-the-counter pain relievers as recommended by your dentist. Follow the dosage instructions carefully.

Maintain Oral Hygiene

Continue to brush and floss your teeth as usual, being gentle around the filled area. Proper oral hygiene helps prevent infection and ensures the longevity of the filling.

Avoid Sticky or Hard Foods

For the first few days after the procedure, avoid sticky or hard foods that may put excessive pressure on the filling and potentially dislodge it.

Watch for Signs of Complications

Keep an eye out for any signs of complications, such as persistent pain, swelling, bleeding, or the filling feeling too high when biting. If you notice any of these issues, contact your dentist promptly.

Avoid Smoking and Alcohol

Refrain from smoking and consuming alcohol for at least 24 hours after the procedure, as these habits can slow down the healing process.

Follow-Up Appointment



Attend any follow-up appointments scheduled by your dentist to ensure that the filling is settling properly and there are no issues.

Medications

Please take all medications as directed by your dental team. If they did not recommend or prescribe any medications, over-the-counter analgesics such as Tylenol or Advil or whatever you normally take for a headache is perfectly fine. ***Please follow the instructions on the label and take as directed.***

Inform Your Dentist of Any Problems

If you experience any problems or have concerns about the dental filling, don't hesitate to reach out to your dentist for advice and assistance.

Remember that everyone's healing process may vary slightly, but if you follow these postoperative instructions diligently, you can help ensure a successful dental filling procedure and promote your oral health. Fillings will be a foreign material to your tooth. ***As with any surgical procedure, rehabilitation and pain management will be required. Fillings may not feel normal for up to 8 weeks. Slowly start to introduce foods to the area as you feel comfortable.***

It is completely normal to experience discomfort when you bite, discomfort when you floss, sensitivity to cold, and even pain when you eat. If you experience any of these symptoms please inform your dental team, and they will verify the restorations. Please do not hesitate to call the office if you have any issues.

Following these instructions will help ensure that you have a comfortable and successful dental procedure. If you have any specific concerns or questions, please don't hesitate to contact us.

You are always welcome to text, email, or call us if you have any issues or questions. Welcome to the standard of dental care, GO DENTISTRY, powered by MyChart!

Thank you and thank you for your trust.

