



Pre-Op Instructions for Dental Direct Restorations (Fillings)

Thank you for scheduling your dental filling procedure. Proper preparation before your appointment can help ensure a smooth and successful experience. Here are some important preoperative instructions to follow.

Medication and Medical History

Inform your dentist about any medical conditions you have, medications you're taking, or allergies you may have, especially to anesthesia or dental materials.

If you're taking any blood thinners or anticoagulant medications, discuss this with your dentist, as it may affect the procedure.

Eating and Drinking

If your dental filling procedure requires local anesthesia, it's best to have a light meal before your appointment. You will be numb from 1-6 hours depending on the severity of the procedure.

Avoid heavy meals or consuming hot or cold beverages right before the procedure.

Arrive on Time

Be punctual for your appointment to allow time for any necessary paperwork and preparations.

Hygiene

Brush your teeth and floss thoroughly before coming in for your dental filling. Good oral hygiene helps maintain a clean environment for the procedure.

Pain Management

If you have dental anxiety or are concerned about discomfort during the procedure, discuss pain management options with your dentist beforehand.

Minimize Stress

If you're feeling anxious about the procedure, try relaxation techniques like deep breathing or listening to calming music. We offer a variety of different calming agents in the office such as pillows, blankets, movies, beverages, ear plugs and noise canceling headphones. Please ask for them during your visit.

Transportation

If you're receiving sedation that may impair your ability to drive, arrange for someone to accompany you to and from the appointment.



Comfortable Clothing

Wear loose, comfortable clothing to ensure a relaxed and stress-free experience.

Communication

If you have any questions or concerns about the dental filling procedure, don't hesitate to ask your dentist before the appointment.

Reschedule if Unwell

If you develop a cold, flu, or any contagious illness before your appointment, it's best to reschedule to prevent the spread of germs to staff and other patients.

You will experience post operative discomfort such as gum pain, tooth pain, and tooth sensitivity. Just like any type of medical and surgical procedure, there will be modifications to the area and tissue manipulation to help provide the best care.

Please be aware that the number one predictor of post operative pain is preoperative pain. In addition, the body will require time to get used to the new filling. As it becomes part of your body, it will start to feel better, but it will take time. Please refer to the post operative instructions for more information.

Following these preoperative instructions will help ensure that you have a comfortable and successful dental filling procedure. If you have any specific concerns or questions, please don't hesitate to contact your dentist's office in advance.

Thank you and thank you for your trust.

We look forward to seeing you and restoring your beautiful teeth.