



POST-OP INSTRUCTIONS

Fillings

- Be careful not to bite or scratch the areas in and around the mouth that are numb (lip, cheek, tongue).
- It is expected to have slight bleeding from the gum regions of the teeth that were restored.
- If a silver filling feels “high” do not try to bite it into proper closure, but call and return to the office to have the dentist adjust the restoration.
- It is expected that a white-bonded filling will feel “high” for a few days because of the sealant that is placed over the restoration.
- Do not eat on a new silver filling for 1-hour after placement, but you can eat on the other side after half an hour being careful not to chew the areas that are numb.
- You can eat on a white-bonded filling immediately after placement, being careful not to chew the areas that are numb.
- After a filling is placed, it is not unusual for the patient to experience sensitivity to cold for a few weeks.

Sealants

- After sealant placement the bite will feel different, with only the sealed teeth hitting. After a few days of chewing the bite will feel normal again when the sealants have worn in.
- The unpleasant taste will disappear in a short while.
- There are no restrictions, regarding eating or drinking, immediately after sealants are placed.

Extractions

- Do not rinse today. Rinsing will prevent blood clotting and promote continued bleeding. Avoid drinking from a straw.
- Some bleeding is to be expected. If bleeding persists, place a moist gauze pad and bite down firmly for one-half hour. Repeat if necessary.
- For pain use a non-aspirin medication like Tylenol or Advil.
- You can eat and drink 45-minutes after the procedure.
- Some swelling near the extraction site is expected. Ice covered by a cloth can be placed for the first 3-hours after the procedure, alternating on and off at 15-minute intervals.

Note: If any unusual symptoms occur, call the office immediately! We have 24-hour emergency coverage.