

POST OPERATIVE INSTRUCTIONS FOR FILLINGS

You may experience some minor sensitivity following treatment. This will diminish gradually over the next few days. You should wait to eat or drink until the anesthetic completely wears off to avoid biting your cheek or tongue. Your bite should feel comfortable after the anesthetic diminishes. If sensitivity to hot, cold or bite pressure persists longer than one week, please call our office for a follow up evaluation and/or simple adjustment. The surface texture may feel different from your other teeth, but it will smooth with use. Chewing too soon on the tooth may cause small fractures that will affect the longevity of the restoration. In some cases the filling may even come out. If a filling is left out until the next cleaning the tooth will most likely have decay and need to be refilled. It will be larger and deeper than before.

Follow proper oral hygiene after treatment, such as brushing and flossing. Proper maintenance will not only prolong the life of the restoration, it will also help to prevent any other areas of concern for dental attention.

Any filling no matter what the size or depth may result in the need of a root canal. The symptoms you look for include:

- Hot sensitivity that lasts longer than a few weeks
- Hot sensitivity that begins after the tooth has been problem free for a period of time
- Spontaneous pain that occurs anytime during the day or night
- Swelling, either in the mouth or on the face
- Cold sensitivity that lingers on for many minutes. Sharp instantaneous reaction to cold is probably not a root canal symptom

All of these symptoms are the same for children, except a Pulpotomy would be performed (this is the children's version of a root canal).

Any time a filling is placed there is less natural tooth. With less natural tooth the tooth is weaker. The filling material is not as strong as natural tooth, therefore the filling material will be in a weaker state than natural tooth. If your tooth breaks, a new filling may be put in if not too large. However if it is very large, a crown will be recommended to protect the remaining tooth.

Your lower jaw may be sore from being open for the procedure or anesthesia site. A soft diet for a few days will help with any soreness. You may also apply warm, moist heat to help with a sore jaw.

medications:

Take all medications with a full glass of water, and as directed on the bottle. Call us if you experience severe nausea, diarrhea or cannot swallow your pills.

- Antibiotics: Continue until the bottle is empty. Do not quit halfway.
- Pain Medicine: Continue as necessary. Remember that narcotics can make you drowsy, so no driving, operating machinery or alcoholic beverages while you are taking them.
- Taking Ibuprofen every four hours by the clock could prevent you from needing pain medications. For mild discomfort, use ibuprofen. Do not take more than 400mg (2 pills) every 4 to 6 hours (max 3200mg daily). If you cannot use Ibuprofen, you may take Acetaminophen. Please consult your doctor before taking any Acetaminophen as some medications used in our office already contain it.
- If you have been pre-medicated with an oral sedative, do NOT sit up or stand quickly or walk unassisted today. Do not drive a vehicle, operate machinery or make important decisions for 24 hours. Have someone with you today.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE DO NOT HESITATE TO CONTACT OUR OFFICE AT: 806.797.0341