



AFTERCARE INSTRUCTIONS- NEW RESTORATIONS

You have just had a new restoration placed in one or more of your teeth. The materials that we use vary depending upon clinical indication and patient choice. The following are some guidelines and aftercare instructions that may be useful.

AMALGAM (Silver)

Do not bite down hard or chew on new amalgam fillings for at least four to six hours following placement. It is advisable to avoid eating hard foods on the filled tooth until the following day.

You may notice particles or small pieces of filling material in your mouth, these are generally remnants of old fillings or carvings from the new filling. They are not a cause for concern. Simply rinse your mouth to remove them.

COMPOSITE (White)

Composite restorations are already set when you leave the office, but it is a good idea to avoid extremely hard foods until the following day.

GENERAL NOTES

If you experience sensitivity to cold following placement of your restoration, it should subside within a week. If it persists, please contact our office. The bite is very critical and may cause prolonged sensitivity to cold.

Sensitivity to chewing or biting may also indicate that the restoration is too high, and would necessitate a bite adjustment.

You may have to wait for a local anesthetic to wear off before you can eat without worry of harming your teeth, cheeks or gums. This can take one to three hours depending on the amount of local anesthetic that was administered.

