



Preference Dental

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POST OP INSTRUCTIONS FOR COMPOSITE & AMALGAM RESTORATIONS **(Tooth Colored & Silver Fillings)**

1. Be especially careful while you are still numb. It can be easy to bite your lip, tongue, or cheek when you are numb.
2. Do not bite together hard or chew hard or sticky food on the side of your mouth where a new filling has been placed for approximately 24 hours.
3. Always try to avoid nuts, hard candy and other hard foods that can crack your restoration.
4. Do not bite your nails, chew ice or otherwise jeopardize your dental work.
5. Children should be observed until the numbness goes away. Due to the strange feeling of the anesthetic, many children will chew the inside of their lip, cheek or tongue which can cause damage and pain when the numbness wears off.
6. Sensitivity, especially to cold, is common for a few days following a dental restoration. Usually the deeper the cavity that was removed, the more sensitive the tooth will be.
7. Usually, sensitivity is most noticeable the first 24-48 hours after the anesthetic wears off. Sometimes it can last a few weeks. Tooth colored fillings are often more sensitive than silver fillings. A change in the biting pressure on the involved tooth can create sensitivity. If you feel that your bite is significantly different after a filling, call our office for an appointment to adjust the bite.
8. The gum tissue could have been irritated during the procedure as some restorations need to extend into the gums. Injections of anesthetic often make the area sore.
9. The topical anesthetic that is placed on your gum prior to the injection can irritate the gums and make them "peel" or develop white spots. A temporary darkening of the gums may also be present, we recommend warm salt water for this.
10. If you have had an especially large cavity removed and had a filling placed close to the nerve, we will normally place a layer of insulation between the tooth and the filling. This may help reduce sensitivity, but you still may have problems and need a root canal. The dentist has no control over how large your cavity is.
11. Do not hesitate to call the office with any questions. 231-972-7104 or 231-598-9348