



# FRANKLIN

DENTAL ————— ARTS

## **Post Op Instructions: Restorative (Tooth-Colored Fillings)**

- Sensitivity, especially to cold, is common for a time following treatment.
- For the first few days avoid extremely hot or cold foods and beverages.
- It is normal to have some discomfort in the gums around the tooth after the anesthesia wears off due to the procedure. The deeper the cavity removed, the more sensitivity experienced.
- If your gums are tender, rinse with warm salt water, dissolving ½ teaspoon of salt in an 8 oz. glass of warm water.
- Pain relief with Tylenol or Ibuprofen (Advil) will aid to increase your comfort unless you are allergic or have medical conditions that prevent taking these medications. It is recommended that you chew slowly and on the other side of your mouth if you experience sensitivity.
- If it has not subsided within 10 – 14 days, OR it gradually gets worse, call the office for advisement or an appointment.
- The finished restoration may be contoured slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days.
- If after a week or two, your teeth feel they do not touch correctly please call the office. This problem can be solved with a quick adjustment to the filling.
- Fillings do not last forever. Like a new set of tires, fillings can wear and breakdown. Proper brushing and flossing is recommended to help you retain your fillings. Having your teeth cleaned every six months and an exam and x rays every year will help prolong the life of the fillings.
- Children should be observed until the anesthetic wears off. Due to the strange feeling of the anesthetic, many children will chew the inside of their lips, cheeks, or tongue which can cause serious damage.