

# Eggert Family Dentistry

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## Instructions after Filling Restorations, White or Silver

Be careful with eating while your lips, cheeks, and tongue feel numb. It is not pleasant to bite these tissues. Children should be watched especially closely. If the child is going to school, be sure to mention it to the teacher and ask him or her to help monitor the child.

It is common with any new filling, including cosmetic bonding, for you to experience cold and chewing sensitivity for up to two weeks. The sensitivity should feel like it is getting better over time. If things are not better after this two week period, be sure to call our office. You may need a bite adjustment on the new filling or there may be something more serious going on, like a crack or an unhealthy nerve in the tooth.

Taking an over-the-counter pain reliever on the day of treatment is not a bad idea to help reduce inflammation in the jaw, tooth, and tissues. Use ibuprofen or Tylenol as directed. Warm salt water rinses (8 oz warm water and 1 teaspoon salt) 2-3 times daily can help with any gingival soreness.

White (composite) fillings are completely set after treatment and are ready for eating.

Silver (amalgam) fillings take a full 24 hours to set completely. Chew your food on the opposite side, don't eat anything hard or crunchy, and do not floss the areas for a full day.