

Fillings – Post-Op Instructions

After Anesthesia

- Numbness may last several hours; avoid chewing until it fully wears off.
- Be careful not to bite your cheeks, lips, or tongue.

Bite & Adjustment

- Your bite was adjusted, but it may feel different once numbness fades.
- Give yourself time to adjust.
- If your bite feels “off,” call the office for a quick adjustment.

Tooth Sensitivity

- Sensitivity after fillings is **common**, especially to cold or pressure.
- Use sensitivity toothpaste once numbness wears off.
- Avoid whitening products – they increase sensitivity.

When Sensitivity May Need Additional Treatment

Temperature Sensitivity

- If a **large/deep filling** causes hot/cold sensitivity that **lingers**, the nerve may not be healing.
- This may require **root canal treatment**.

Biting Sensitivity

- If biting pain continues even after bite adjustments and time to adapt, clenching or grinding may be the cause.
- Untreated grinding can lead to:
 - Ongoing pain
 - Filling leakage or recurrent decay
 - Fillings popping out
 - Tooth fracture
- A **nightguard** may be needed to protect the tooth.

Fracture

- Small cracks in the tooth may not show on X-rays and can appear later.
- Persistent pain may require additional treatment such as a **root canal, crown**, or in severe cases, extraction.

Oral Hygiene

- Brush and floss normally once numbness wears off.
- Use sensitivity toothpaste.
- Floss daily to prevent decay around the new fillings.

General Notes

- Your dentist uses great care, but some factors are beyond control.
- Contact the office if you have concerns about pain, bite, or sensitivity.
- You are responsible for costs if instructions are not followed.