

## **New Filling – What to Expect!**

**Now that your new filling or fillings have been placed there are a few directions you need to follow.**

First, be sure that the local anesthetic has completely worn off before chewing. This is to prevent you from biting or injuring your lip, cheeks or tongue. Also, *refrain from drinking anything hot* in temperature or *smoking*. Sometimes patients also find it difficult to swallow while they are still numb, so please be careful.

Our office only places tooth colored resin type fillings. These fillings are completely hardened when you leave the office. You can eat on them as soon as the numbness wears off. Although the fillings are polished before you leave, they may feel slightly gritty at first. This should go away after a couple of days. If not please call.

### **Immediate post visit cold sensitivity is also possible**

This is usually from a normal reaction of the nerve following the procedure. Give it a couple of days and try a sensitivity protection toothpaste (i.e. Sensodyne) until it subsides.

Finally, if your bite seems off or if you cannot bite normally, please call the office to have your filling adjusted. Do not wait for it to wear down on its own as the tooth may become tender.