

## Post Operative Instructions: White Fillings

Most often there is little discomfort after having white fillings done. However, depending on the depth of the restorations, your teeth can be somewhat sensitive to hot or cold temperatures and possibly chewing. This will usually subside with time - usually within 30 days however can last as long as 90 days.

If your bite feels higher than normal or is bite sensitive, contact our office for a follow-up adjustment appointment.

The gum tissue close to the restoration or at the anesthesia site may be tender for several days. A warm salt water rinse and the use of ibuprofen (Advil, Motrin) will relieve discomfort and aid healing.

While numb avoid biting or chewing your tongue, or the inside of your cheeks or lips.

If you have any questions about your treatment, please feel free to call our office.