

Tooth Filling
Post Treatment Care Instructions

What to Do?

- Avoid chewing on hard foods or chew directly on the new fillings for the next 24 hours.
- If you feel that your filled tooth is touching first when you bite down, please call us immediately to adjust the imbalanced tooth.

What to Do (If applicable)?

- The anaesthesia will normally last for about 2 - 3 hours, numbness will be felt around the affected area. Soft diet is advisable and avoid hot food and drinks after the anaesthesia wears off. There are dangers of lips / tongue biting if you eat when you are still feeling numb.
- Children should be observed until the anesthesia has worn off. Due to the strange feeling of the anesthetic, many children chew on the inside of their cheeks, lips and tongue which can cause serious damage.

What to Expect?

- **Sensitivity.** It is normal for the filled tooth to be sensitive to air, pressure, sweet foods or cold. The possible symptoms will subside within a few days to a couple of weeks. In very few instances, this sensitivity could last longer than a couple of weeks. If your teeth or gums are continuing to feel better, (not staying the same, or getting worse), there is no need for concern.
- **Sore and bruising.** The gum tissue could have been irritated during the procedure and may be sore for a few days. The anesthetic injection site may also feel sore or bruised. These symptoms will subside in a few days.