

## “WHITE FILLING” INSTRUCTIONS

### **How long will I be numb?**

Your lips, teeth, cheek and/or tongue may be numb for several hours after the procedure. To avoid injury, you should avoid any chewing and hot beverages until numbness has completely worn off. It is very easy to bite or burn your tongue, cheek or lip while you are numb.

### **Is it normal for my gums or jaw to be sore?**

Irritation to the gum tissue can occur from dental work. Rinsing your mouth 2-3 times per day with ½ tsp of warm salt water can help to alleviate discomfort. Injection sites can be sore for several days after your appointment. Over-the-counter pain medications work well to alleviate tenderness.

### **Do I have to be careful with my filling?**

Your white filling is as hard as it will be when you leave the office. Immediately following your appointment, you can brush, floss and chew as you would normally. Please use the precaution as stated above if you are numb.

### **My bite feels off, is this normal?**

If your bite feels uneven, please call our office so we can make a quick adjustment to the filling. Do not assume your bite will get better after time. The tooth may become irritated and a toothache may occur, if an adjustment is not done. It may also cause an increase in temperature sensitivity with the tooth.

### **Is it normal for my tooth to be sensitive?**

It is normal to experience some sensitivity to heat, cold, sweets and pressure after your appointment. This sensitivity may last from several weeks to several months' after treatment. Usually, the deeper the cavity, the more sensitive the tooth will be. Again, make sure your bite feels even.