

FILLINGS

Instructions for Self-care Following a Composite or Amalgam Filling

If we used a local anesthetic to thoroughly numb the area treated, this numbness in your lips, teeth, and tongue may last several hours after the procedure. To prevent damage to your tongue and lips, you should avoid chewing until the numbness has completely worn off.

What if my filling hurts?

It's normal to experience some sensitivity to heat, cold, and pressure after your appointment. You can also expect some soreness in your gums for several days. Rinsing your mouth with warm water can help alleviate discomfort and swelling. Dissolve a teaspoon of salt in a cup of warm water, then gently swish the water around the tooth and spit. It is normal to have some hot and cold sensitivity for several weeks.

Do I have to be careful with my fillings?

White fillings set completely, immediately after they are placed, so as soon as the numbness from the anesthetic subsides, you can chew as you would normally.

If your bite feels uneven, or if you have any questions or concerns about your new filling, be sure to give us a call at 603-434-0040, or email drdion@diondmd.com.

Amalgam Fillings

You should not chew hard foods or bite directly with the fillings for about 24 hours. If possible, chew only on the opposite side of your mouth.