

# "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. While you are numb, you should avoid chewing and hot beverages until the numbness has completely worn off.

**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 1/2 teaspoon of warm salt water can help alleviate discomfort. Injection sites can be sore for several days after your appointment. Over-the-counter pain medications will work well to alleviate the 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 the appointment, you can brush, floss and chew as you would normally. Please use 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 made. You could also experience an increase in temperature sensitivity with the tooth if this is not addressed.

**Is it normal for my tooth to be sensitive?** Sensitivity to hot, cold, sweets, and pressure is normal 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 that your bite feels even.

**Why does the filling feel different?** The filling may be contoured differently and have a different texture that your original tooth or restoration. Your tongue may magnify this slight difference and you should adjust to the "new feel" in just a few days. If not, please call our office.

**Metal Filling**



**White Filling**



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