

Post Operative Instructions

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Fillings



Avoid chewing and hot beverages until the numbness wears off



Use desensitizing toothpaste



Rinse with warm salt water

NOW THAT WE'VE PLACED YOUR FILLINGS, IT'S IMPORTANT TO FOLLOW THESE RECOMMENDATIONS TO ENSURE ITS SUCCESS:

CHEWING AND EATING

If we used anesthetic during the procedure, avoid chewing and hot beverages until the numbness has completely worn off. Start with a soft diet when chewing after the appointment; we want to ensure your bite feels even.

BRUSHING AND FLOSSING

Brush and floss normally. If your teeth are sensitive to hot or cold, or pressure, use desensitizing toothpaste. If sensitivity persists beyond a few days, call us.

MEDICATION AND DISCOMFORT

If you are experiencing discomfort, take over-the-counter pain relievers. If discomfort increases or persists beyond a few days, call us. To reduce discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water. It's normal for your gums to be sore for several days.

WHEN TO CALL US

Call our office if your bite feels uneven, you have sensitivity or discomfort that increases or continues beyond three or four days, or if you have any questions or concerns.

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