



Post - Procedure Instructions

Fillings

- ◆ When anesthetic has been used, your lips, cheek and tongue may be numb for several hours after the appointment. To prevent injury, avoid any chewing until the numbness has completely worn off.
- ◆ It is normal to experience some hot, cold and pressure sensitivity after your appointment.
- ◆ Your gums may be sore for a few days. Rinse three times a day with warm salt water (add a tsp. of salt to a cup of warm water, then rinse, swish and spit) to reduce discomfort, if needed.
- ◆ Use medication only as directed.
- ◆ We have used the best, strongest and most esthetic materials available to restore your teeth. However, you may still need to adjust your habits to protect your teeth.
 - ◆ Avoid any unusually hard foods or substances, such as peanut brittle, fingernails, pencils, ice, etc.
 - ◆ Avoid or minimize your use of foods that stain, such as tea, coffee, red wine and berries.
 - ◆ Smoking will quickly yellow your teeth.
- ◆ Daily plaque removal is critical to the longevity of your restorations and your teeth. Maintain a regular oral hygiene routine, which should include brushing a few times a day and flossing at least once a day. Regular professional cleaning appointments are also critically important.
- ◆ If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please call our office! **After normal business hours, call our office cell phone – 352-636-2205.**