

## **Post Op Instructions – Fillings**

When anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off.

It's normal to experience some hot, cold and pressure sensitivity after your appointment. Your gums may be sore for several days. Rinse three times a day with warm salt water (put a tsp. of salt in a cup of warm water, rinse-swish-spit) to reduce pain and swelling.

If possible, chew only on the opposite side of your mouth. You may chew right away on white fillings since they set completely on the day of your appointment.

If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please call our office.