



# Delaware Smile Center

Family Dentistry & Orthodontics

## **Restoration (Filling) After-Care Instructions**

- When an anesthetic has been used, your lips and tongue may feel numb for several hours after the appointment.
- Avoid any chewing and hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue, cheek or lip when you are numb.
- It is normal to experience some hot/cold sensitivity and pressure sensitivity in the area of your restoration after your appointment. If sensitivity persists beyond a few days please contact our office.
- Injection sites may also be sore. An over-the-counter pain reliever such as Ibuprofen (Motrin), Tylenol or Aleve can help reduce tenderness.
- You may chew with your restorations once the anesthetic wears off completely.
- Please brush, floss and care for these restorations as you would your other teeth.
- It is important to know that restorations will stain, crack, or chip just like natural teeth. Foods such as wine and coffee contribute to staining. Be sure to rinse your mouth with water to avoid staining.
- Hard and crunchy foods may cause restorations to fracture so please chew with care. If you have restorations on your front teeth, be sure not to bite into anything hard with your front teeth. Biting into foods such as apples or carrots with your front teeth can cause your fillings to chip or fracture.
- If you have any questions, please do not hesitate to call our office.