



Post Op Instructions: Restorative Treatment

- The material used in your mouth today is:
 - *Amalgam* - This material takes approximately 24 hours to completely set. Please avoid eating on the new filling for 2 hours and avoid eating hard food/candies for 24 hours.
 - *Composite* - This material is already hardened with the use of the high intensity light. You may begin to use it right away.
- You may experience some minor discomfort with the tooth and surrounding gum the first few days following your treatment. This should diminish gradually over time.
- If you have been given an anesthetic, this should wear off in a few hours. Please be careful not to bite your cheek or tongue. Also, do not eat or drink anything extremely hot or cold until the anesthetic has completely worn off.
- The bite should feel normal when the anesthetic wears off. If your bite feels "off," or if discomfort is felt during eating, a simple adjustment of the filling may be necessary. Please call our office to schedule a follow-up appointment.
- Sensitivity to hot and cold lasting a couple seconds is typical after dental treatment. If the sensitivity persists longer than one week and lingers for more than a minute, please call our office for a follow-up evaluation.
- The surface texture and consistency may feel a little different at first. If the texture is unusually uncomfortable, please call our office for a follow-up appointment.
- Do not bite anything with your teeth that can damage them (such as finger nails, thread, fishing line, paper clips, pens, etc.).
- We recommend professional maintenance and evaluation at least twice a year. If you have had a periodontal (gum disease) problem in the past, you should see us a minimum of four times a year.
- Proper care includes BRUSHING and FLOSSING a minimum of twice daily. Proper maintenance will not only prolong the life of the restoration but will also help to prevent problems elsewhere in your mouth.