



After Care Instructions for Fillings and Crowns

We have just completed: _____ Composite (tooth-colored) filling(s), _____ Porcelain Crown(s)

The composite or porcelain material contains small crystalline particles that provide strength, wear resistance, and esthetics. These restorations serve well for several years as we use the finest and most up- to-date materials available to provide the best result. However, here is some important information about your new restorations:

Anesthetic – if we used a local anesthetic to numb the area treated, your lips, tongue, and teeth may be numb for up to 4-5 hours. We also recommend taking some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) before the anesthetic wears off. This will help avoid any post op discomfort. It will also help diminish any swelling in the nerve that may be existent, which is common when cleaning out decay from a tooth.

Sensitivity – Due to natural inflammation (swelling) of the nerve, it is common to experience some cold or heat sensitivity for a few weeks after your appointment. The deeper the cavity, the more sensitive the teeth are likely to be. You can also expect some soreness in the gums for a few days.

_____ If this is marked, you had a tooth with a deep cavity that was less than 1mm away from the nerve. Teeth like this have about a 50% chance of healing well. You may experience more sensitivity that lasts longer than normal. If discomfort becomes constant or is not improving, removal of the nerve may be necessary.

Pressure/biting – Due to the effects of local anesthesia, it is very difficult to make sure your bite is perfect while numb. If you feel any discomfort chewing or feel your bite is uneven in the next few days, please let us



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know. A minor adjustment is usually all it takes to make the tooth comfortable again.

Eating/drinking – Be careful what you eat or drink until the numbness wears off. However, as with natural teeth, excessively hard foods (ice, hard candy, frozen chocolate, etc.) can break a tooth or filling under extreme forces. **Children** should be observed until anesthetic wears off. Due to the strange feeling of the anesthetic, many children will chew the inside of their lips, cheeks, or tongue which can cause serious damage. Please watch your children carefully to avoid this.

Maintenance – Proper brushing, flossing, and regular 6-month (minimum) visits are essential to the long- term stability and appearance of your restorations. Often, problems that may develop with the fillings can be found at an early stage and repaired easily, while waiting for a longer time may require more extensive treatment.

If you have any other questions or concerns, please contact our office:

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