



Post-Op Instructions After Fillings

Numbness: 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.

Sensitivity: It is normal to experience some hot, cold and pressure sensitivity after your appointment. This sensitivity can be prolonged in some instances, and in extreme situations may require root canal therapy. Please let us know if sensitivity occurs without a stimulus or if it awakens you.

Soreness: Your gums may be sore for several days. Rinse three times a day with warm salt water. Put a teaspoon of salt in a cup of warm water, rinse-swish-spit to reduce pain and swelling.

Chewing: You may chew right away on white fillings since they set completely during 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 (703) 560-6301.

Just remember, anytime a natural tooth is worked on, there is a possibility of the needs for a future root canal therapy. It is impossible to predict a tooth's response. Please report any lingering discomfort.