

FILLINGS HOMECARE

How to care for your teeth after having a filling

To keep your mouth comfortable after having a filling, and to ensure that your filling sets properly, follow the tips below.

Don't chew hard foods or directly on new silver fillings for twenty-four hours following the appointment. If possible, chew only on the opposite side of your mouth. You may chew right away on white fillings, because they set completely on the day of the appointment.

Your gums may be sore for several days. Rinse three times a day with warm salt water (one teaspoon of salt in a cup of warm water) to reduce pain and swelling.

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

It's normal to experience some hot, cold, and pressure sensitivity after 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.**