

# Self-Care Following a Tooth Colored Filling

## How long before I can chew again?

We used a local anesthetic to thoroughly numb the area we treated. This numbness in your lips, teeth, cheek, and tongue might last for several hours after procedure. To avoid damage to these tissues, we advise that you should avoid any chewing until the numbness has completely worn off.

White fillings set completely, immediately after they are placed, so as soon as the numbness from the anesthetic subsides, you can chew as you would normally.

## What if my filling hurts?

You have just had bacterial destroyed tooth structure removed from your body. Like any surgery, to any part of your body, soreness is to be expected.

It's normal to experience some sensitivity to heat, cold and pressure after your appointment. You can also expect some soreness in your gums for several days. Rinsing your mouth with warm salt water can help to alleviate discomfort and possible swelling. Dissolve a teaspoon of salt in a cup of warm water, then gently swish the water around the tooth and spit.

If your bite feels uneven or uncomfortable, let us know so we can adjust it. It is possible for a tooth to become sore or extremely sensitive as a result of an uneven bite on the filling.

If the soreness or sensitivity lasts for more than 3 weeks, please call our office. If you have any questions or concerns about your new filling, be sure to give us a call.