

Post-op Instructions After Fillings

1. Do not chew on the side where the filling(s) was done until after the numbness goes away.
2. It is not unusual to have sensitivity to cold temperature after receiving a filling, especially if the filling was large or deep. White fillings notoriously have a history of post-op sensitivity although advances in this technology have reduced the incidence of this sensitivity.
3. The surface of the filling may feel different in particular to your tongue. Unless the surface is excessively rough or sharp, your tongue will eventually get used to it.
4. Most fillings can last for years, but they do not last forever, and the majority will have to be replaced due to cavities forming around the filling. Proper brushing and flossing will extend the lifetime of your filling(s).
5. If your bite feels “off” after the numbness wears off following having a filling done, please contact the office so we can evaluate the filling.