

## **Post Op Instructions – After Fillings**

- 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.
- It's normal to experience some hot, cold and pressure sensitivity after your appointment.
- Your gums may be sore for several days. Rinse three times a day with warm salt water (put a tsp. of salt in a cup of warm water, rinse-swish-spit) to reduce pain and swelling.
- You may chew right away on white fillings since they set completely on the day of your appointment.
- If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please call the practice on 03-93791893.