



DIAMOND DENTAL

of Sacramento

POST-OP INSTRUCTIONS FOR FILLINGS

After getting a tooth filling, it's important to follow some aftercare instructions to ensure the filling's longevity and your oral health. Generally, you should avoid eating on the treated side until the numbness wears off, stick to soft foods for the first day or two, and maintain good oral hygiene practices.

Wait for numbness to subside: Avoid eating or drinking until the local anesthetic wears off to prevent accidentally biting your cheek, tongue, or the filling itself.

Maintain good oral hygiene: Continue brushing twice a day and flossing daily, but be gentle around the treated area for the first few days.

Use warm salt water rinse: If your gums are sore, rinse gently with a warm salt water solution (1 teaspoon of salt in 1 cup of water).

Take over-the-counter pain relievers: If you experience any pain or discomfort, take over-the-counter pain relievers like Ibuprofen or Tylenol as directed.

Don't ignore sensitivity: If you experience persistent sensitivity to hot or cold for more than 2 weeks, consult with your dentist. But it can take up to 6 months to fully calm down.

If your bite feels off, please call - It's just a quick, easy bite adjustment; if left without the adjustment, it can do more damage to the tooth. You can not grind it down yourself!

Diamond Dental of Sacramento

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