



## Fillings Home Care Instructions

Today you had some fillings placed. This is as routine as it gets in the life of a dentist, so you should expect very few, if any, issues once you go home. Here are a few things to understand:

- Although routine, fillings represent a trauma to your tooth. Just like trauma anywhere else on your body, you may experience a little sensitivity in the area. This can include gum soreness, temperature sensitivity, or biting sensitivity. This is common, but not necessarily expected.
- Any sensitivity that arises is usually very brief. The most common is cold sensitivity and can last anywhere from two to six weeks after the filling
- If the sensitivity seems to persist, or it hurts to chew, come in and see us. You may need a simple bite adjustment.
- If sensitivity turns in to more of an ache or pain, you likely had a deep filling placed. The doctor probably told you this and placed a medicated filling material in the bottom of the cavity. Deep fillings can sometimes get very close, if not into, the nerve and blood supply area of the tooth. The pain indicates that the nerve and blood supply is probably irreversibly infected or irritated and may require additional treatment. If this occurs, call us to schedule a follow up appointment.

In most cases, you won't even notice your new filling because we place beautiful, tooth colored fillings and they often have no issues once you go home.

