

# KILLIAN HILL DENTAL CARE

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## Post-Operative Instructions for Fillings

1. If you received novocaine today:
  - a. You will probably experience soreness at the site of the injection, and possibly some mild swelling or minor ulceration. Warm salt-water rinses may be soothing for the soreness. Orabase<sup>®</sup> with benzocaine can be applied to any ulcers or blisters. It is available at your pharmacy.
  - b. In rare cases, bruising or muscle tightness may be evident. This will usually clear up in 1-2 weeks without further treatment.
  - c. Do not eat while numbness is still present.
2. Do not eat on the side where silver fillings were placed for the first 24 hours.
3. If both sides have new silver fillings, eat soft foods like soup or spaghetti for the first 24 hours.
4. Sensitivity is very common after fillings:
  - a. Usually due to cold, but heat may also be bothersome.
  - b. The sensitivity could last up to a few weeks afterwards. Try to avoid foods and liquids that aggravate this condition.
  - c. The teeth may ache or throb. Advil<sup>®</sup>, Aspirin, or Tylenol<sup>®</sup> may be needed to relieve this discomfort.
5. Silver fillings usually last quite a few years with proper care; large ones may require a crown (cap) at a future time.
6. Tooth-colored fillings are used in areas of cosmetic concern; however, they do not last as long as silver fillings.
7. If a tooth colored filling was placed on the edge of a front tooth, certain precautions must be observed:
  - a. Do not bite on anything hard such as ice, hard candy, or nuts.
  - b. Do not bite on pens, pencils, fingernails, etc.
  - c. Do not open bobby pins.
  - d. Try not to bump or get bumped on the front teeth.

Thank you for being a good patient. If you have any problems or any other questions that were not discussed here, please feel free to call our office at any time. If you have a dental emergency that cannot wait until normal office hours, then call Dr. Gangwisch at his home at 770-978-6661, or Dr. Hulsey at his home at 678-377-1347.