

## **Home Care Instructions: New Fillings**

Please be sure to avoid biting your lip, tongue, and/or cheek while they are numb. Local freezing of a lower tooth will generally last up to three hours, while that of an upper tooth will generally wear off within one and one-half hours.

It is quite common to experience some sensitivity to hot and cold after the placement of a filling. This is usually due to the treatment process, and is only temporary. As long as the sensitivity is diminishing over time, there is no cause for concern.

If your new filling feels high to the bite once the local freezing wears off, please let us know immediately so that we can adjust it. The filling will not wear down by itself, and the tooth will become very sore if the filling is not adjusted.

With the new tooth-colored fillings, you can eat as soon as the freezing wears off. These fillings are fully hardened in the dental chair.

After a very large filling is placed in any given tooth, the treatment of this tooth may not end here. Unfortunately, some teeth do not heal despite the placement of a filling. This may be the case when the nerve within the tooth did not have the capacity to repair itself. As a result, such teeth need to be monitored for signs and symptoms of healing or possibly of failure to heal. The latter circumstance will require a decision about whether to remove the tooth or perform root canal therapy. Also, when a very large filling is placed in a tooth, the need for a crown or cap must be evaluated. We will provide you with more information if this is the case.

With proper care, your fillings should last for years. Please brush well and floss between your teeth daily. This will ensure that the investment you have made in your teeth today will last as long as possible.

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