



## Homecare after having a filling

To keep your mouth comfortable after having a filling, and to ensure that your filling sets properly, follow the tips below.

If we used anesthetic, your lips, teeth and tongue may be numb for several hours after the appointment. Avoid chewing anything 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 a warm salt water solution (dissolve one teaspoon of salt with one cup of warm water) to reduce pain and swelling.

Don't chew hard foods—and don't chew directly on new silver fillings—for twenty-four hours following the appointment. If possible, chew only on the opposite side of your mouth. You may chew right away on white fillings, because they set completely on the day of the appointment.

If your bite feels uneven, if you have persistent pain, or if you have any other question or concerns, please call our office at 237-6453.