

Courtyard Dental

2410 San Ramon Valley Blvd.

Suite #148

San Ramon, CA 94583

925-855-1604

Fillings Post-Operative Instructions:

Refrain from eating at least 2 hours or until anesthesia has worn off.

Sensitivity:

Sensitivity especially to cold is common for a time following treatment. For the first few days avoid extremely hot or cold foods and beverages. It is normal to have discomfort in the gums around the tooth after the anesthesia wears off due to the procedure.

If your gums are tender, rinse with warm salt water, dissolving $\frac{1}{2}$ teaspoon of salt in an 8 oz. glass of warm water. An analgesic such as Tylenol or Advil will help to increase your comfort.

The New Filling:

After the placement of your new restoration, it may take a few days to get used to it. If your bite feels unbalanced, please be sure to call our office for an appointment for a simple adjustment.

Home Care:

Although the treatment that was performed is quite durable, the underlying tooth is still vulnerable to decay, especially at the interface between the tooth and filling. It is important to resume regular brushing and flossing, and to see your dentist for your regular check ups