



FILLINGS AFTER-CARE

Numbness

Numbness after dental treatment may persist for several hours. Avoid eating anything until the numbness wears off, to prevent cheek or tongue-biting. Liquids are OK, just be aware that your lips may also be numb and you may drool!

Diet

Your new fillings are completely 'set', so there are no dietary restrictions. Be careful not to burn or bite yourself while still numb.

Bite

We have checked the bite carefully before dismissing you. The bite may shift slightly after your muscles relax. If you feel that the bite is 'off', please contact the office for an adjustment appointment since a bite that feels 'off' may cause a (reversible) toothache.

Sensitivity

It is common to experience cold sensitivity with new fillings. This should subside within one to several weeks, depending on the extent of the pre-existing decay or previous filling size. Deeper cavities can be sensitive for up to 90 days. Contact the office if the sensitivity seems to be increasing over time.

Gums

Your gums may be inflamed in the area for a day or two, and there may be some soreness at the injection site. In either case, rinse with warm salt water (one teaspoon to eight ounces) for 20 seconds once an hour during waking hours for the first two days.

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