



## "I've Had a Filling Done, Now What?"

### Here are some things that you should know after having a filling place:

- Avoid chewing anything while still numb - you may unintentionally hurt your cheek or tongue
- Do not chew on silver fillings for 2 hours after completion - the filling is still hardening
- It is normal to feel some sensitivity to hot and cold. The sensitivity should dissipate over 1-14 days. If sensitivity persists longer than 30 days or is very painful please call us.
- The filling may feel weird or different in your mouth at first. Usually it takes about 2 weeks for your mouth to get used to the new feeling. If the filling still feels uncomfortable after that time, please call us.
- You may notice little bits of filling pieces in your mouth. Don't worry, the filling probably has not broken - the pieces are just leftover or excess filling parts.
- It may be difficult or very tight to floss between your filling. This is normal as the filling will wear slightly over time. If it is impossible or difficult to floss after 6 weeks, please call us.

