

## **Post Care Instructions – Fillings/Onlays/Inlays**

The anesthesia will wear off in approximately 1 to 4 hours after the procedure. Please follow these simple instructions.

1. It is very important not to chew on the numb side (to prevent biting tongue, lip, etc.) until the anesthesia wears off. Children should be observed until the anesthesia has worn off. Due to the strange feeling of the anesthetic, many children chew on the inside of their cheeks, lips and tongue, which can cause serious damage.
2. Stay away from hot and warm foods until the freezing has worn off. You may burn your mouth due to lack of sensitivity in the area from the anesthesia.
3. Your tooth (or teeth) may be sensitive to hot, cold or pressure from this procedure. This is completely normal. The possible symptoms of hot, cold or pressure sensitivity will cease within a few days to a couple of weeks. In very few instances, this sensitivity could last longer than a couple of weeks. As long as your teeth or gums are continuing to feel better, (not staying the same, or getting worse) everything is fine, and there is no need for concern.
4. Once the anesthesia has worn off, if you notice any 'high spots' or bite irregularities, please give our office a call and we will schedule you an appointment for a bite adjustment. This imbalance with your bite may cause further discomfort and should be adjusted.
5. The gum tissue could have been irritated during the procedure and may be sore for a few days. The anesthetic injection site may also feel sore or bruised for a few days following the procedure.
6. No two cavities are alike, some are deeper than others and therefore no two fillings are alike. In some instances, the depth of the cavity and the amount of decay to be removed cannot be completely determined until the filling procedure is complete.
7. Sometimes pieces of filling material get trapped under your tongue or between your gums during treatment. If you find stray pieces of bond material in your mouth following the procedure they will not hurt you, nor has the integrity of the filling been affected.

If you have any other questions or concerns, please call our office at 403-239-0010.

*Thank you for placing your trust in Tuscany Dental Centre.*