

Fillings

Please follow these instructions for care for your filling restoration

- Slight discomfort in the tooth, gums or jaw is normal for a few days after the procedure. Taking Ibuprofen as directed on the bottle, should help alleviate discomfort
- Mild sensitivity with chewing and with hot/cold temperature is normal. This sensitivity will disappear gradually over the next few weeks. If symptoms last longer than 6 weeks, please call the office
- DO NOT chew hard foods with the new restoration for at least 24 hours after the procedure.
- DO NOT chew on ice and other hard objects. Avoid chewing very sticky foods such as "hard tack" candies and caramels because they can remove restorations
- To prevent future dental decay and supporting tissue breakdown, please use the following preventative measures:
 - brush and floss daily after eating and before bedtime
 - swish vigorously for at least 30 seconds daily with a fluoride rinse; the best time is immediately before bedtime
 - use an electric toothbrush, such as a Sonicare
 - use fluoride paste, such as MI Paste
- Visit us for regular 6 month examinations. Often, small problems that are developing around the restorations can be found at an early stage and corrected easily, but waiting for a longer period of time may require re-doing the entire restoration. Failure to return for professional examination is the most significant reason the restoration failure
- If any of the following problems occur, contact the office immediately to avoid further problems:
 - movement or looseness of the restoration
 - sensitivity to sweet foods
 - a peculiar taste from the restoration
 - breakage of a piece of material from the restoration
 - sensitive to pressure
 - pain/swelling
- If medicines were prescribed to you, please take them as directed. Over-the-Counter (OTC) medicines can be used to help alleviate discomfort

We have done our best to provide you with the finest quality oral restorations available today. However, only your continuing excellent oral hygiene and professional recalls can ensure optimum service and longevity.

Should you have any concerns about your restoration, if symptoms do not get better or become worse after 2-3 days, please do not hesitate to call our office at (815) 725-5991