



## **Dental Fillings Post-Operative Advice**

The effects of local anaesthetic normally last 3-4 hours. To avoid damage to your tongue, cheeks and lips, you should avoid chewing until the numbness has completely worn off. Also avoid hot drinks or food if you are very numb.

It is normal to experience some sensitivity to heat, cold and pressure after your appointment. Even though your tooth may not have been hurting before your filling, the process of cleaning out and filling a decayed tooth will cause irritation to the nerve of the tooth. You can also expect some soreness in your gums for at least few days. If discomfort is severe or lasting for more than a week please contact us.

White fillings or porcelain inlays set completely immediately after they are placed, so as soon as the numbness from the anaesthetic subsides, you can chew as you would normally. If your bite feels uneven, or if you have any questions or concerns about your new white filling, be sure to give us a call.