

Dental Filling – Pre-Op and Post-Op Instructions

Pre-Operative Instructions (Dental Fillings)

Please review the following prior to your filling appointment:

- 1. Medical History Update**
 - Let us know about any recent changes to your medical history, medications, or allergies.
 - Take any prescribed medications as usual unless instructed otherwise.
- 2. Eat Before Your Appointment**
 - Eat a normal meal unless sedation is planned. If sedation is scheduled, follow fasting instructions provided separately.
- 3. Oral Hygiene**
 - Brush and floss thoroughly prior to your visit.
- 4. Relax – It's a Routine Procedure**
 - Dental fillings are common and straightforward. Let us know if you experience dental anxiety—options such as nitrous oxide or other comfort measures are available.

Post-Operative Instructions: After a Dental Filling

Following your dental filling procedure, please keep the following in mind:

1. Numbness

- The local anesthetic may take 1–3 hours to wear off. Avoid chewing, eating, or drinking hot beverages until the numbness is completely gone to prevent biting your lips, cheeks, or tongue.

2. Bite Adjustment

- Your bite may feel different once the numbness wears off. If your filling feels “high” or uncomfortable when biting down, contact our office. A quick adjustment may be needed.

3. Sensitivity

- Mild sensitivity to cold, heat, pressure, or sweets is normal for a few days to a couple of weeks.
- Sensitivity should gradually decrease. If it worsens or persists beyond 2–3 weeks, please contact us.

4. Discomfort

- Slight soreness around the injection site or jaw muscles is common and should resolve within a few days.
- Over-the-counter pain relievers such as ibuprofen (Advil) or acetaminophen (Tylenol) can be taken as directed if needed.

5. Eating and Drinking

- You can eat once numbness wears off.

6. Oral Hygiene

- Brush and floss normally, even around the filled tooth.
- Keeping the area clean is essential to prevent future decay.

Call Our Office If You Experience:

- Sharp or lingering pain when chewing or with temperature changes
- A filling that feels loose or falls out
- Pain lasting more than a few weeks
- Swelling or signs of infection