

## Post Filling Advice

1. If you have had a local anaesthetic to numb your tooth, be very careful not to bite your cheek, lip or tongue until the anaesthetic wears off, which may take up to 4 hours.
2. You may feel a little bruised where you had the injection.
3. If you have had an injection at the back of your mouth to numb your lower teeth, you can occasionally have a limited opening of your mouth for a day or so. This is usually due to a small blood vessel bleeding when the anaesthetic was given.
4. If you have had a silver amalgam filling, do not chew on anything for 2 to 3 hours. Eat soft food for 24 hours until the filling has achieved full set.
5. If you have had white fillings, these are set straight away with the special light used when the fillings were placed, but it is better to wait to eat until any numbness has worn off.
6. How your teeth meet together will have been checked after the filling was placed. However, after the anaesthetic wears off, if you feel that your teeth are not meeting properly, then call to arrange to have the filling adjusted further. It will not wear down, and may weaken the tooth/filling or cause a lot of pain.
7. Any tooth may be sensitive after a filling. The tooth has been drilled and had water and air blasted into it. This can irritate the nerve deeper in the tooth and may lead to sensitivity to cold and sometimes heat. This should generally settle down but may take a few days, but can take longer.
8. Teeth filled with white fillings are more commonly sensitive after treatment.
9. In certain circumstances, especially if the filling was very deep, the nerve may be very irritated or bacteria from the decay may have got into the nerve. If this happens, the sensitivity or pain will not settle as the nerve will probably die, then a root canal treatment or extraction will be the treatment of choice.
10. A filled tooth is weaker than a normal unfilled tooth. Occasionally part of the outside of the tooth may fracture, due to weaknesses. Fractured teeth may be repaired with further filling, or laboratory made onlays or crowns.
11. In order to try and prevent having further fillings, clean your teeth twice a day with a fluoride toothpaste, try and clean in between your teeth with floss or interdental brushes and try to reduce sugary and acid foods intake in your diet.
12. Visit the dentist regularly so that early decay or problems such as leaking fillings can be detected early and restored as soon as possible.