



What to expect following dental fillings

We have removed decay in your tooth and filled and sealed the hole with white or silver filling material. The anesthesia may take a few hours to wear off—do not bite your cheek or lip. Some sensitivity in the tooth (to cold) and gums (to touch) can be expected for a day or two. This should resolve in a week or two but may continue for some time. If you have biting pain, or feel that the new filling is “high” in your bite, the filling may need adjustment. You may begin to chew hard food on a silver filling tomorrow and a white filling right away. You should floss and brush as normal tonight.

You should expect many years out of your new fillings if you take care of them, but they will need to be replaced some day as they break down. Also, **we have not exterminated the bacteria in your mouth; we have only repaired the damage that they cause.** These bacteria eat sugar and turn it into acid that decays your teeth, and this can happen around the edge of a filling or crown. The process that caused your decay can be stopped by reducing sugar intake (which includes soda, Gatorade, fruit juice, coffee with sugar, honey, sweets, hard candies, gummy and sticky candies, sugar gum, and many other things that taste sweet and don't have artificial sweetener). You should also increase your daily fluoride exposure with a rinse or gel, and you should floss your teeth daily. **Cavity prevention is your responsibility—we just repair the damage!**

For more information please see our website: www.doctor-k.com