



# Kaminski

## DENTAL CENTER

*Your smile starts here*

### **Post Opt. Instructions for Fillings**

- When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb.
- It is normal to experience some hot, cold and pressure sensitivity after your appointment.
- Your gums may be sore for several days. Rinse your mouth a few times a day with warm salt water (put a teaspoon of salt in a cup of warm water, rinse and spit) to reduce pain and swelling.
- It is recommended that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) before the anesthetic completely wears off. This will help with any swelling or pain at the injection sites where your anesthetic was administered

### **Composite Fillings (tooth-colored)**

- You can Brush and floss as normal right away! They are as hard they will ever get.
- You may have sensitivity to hot/cold for up to 6 months

### **Amalgam Fillings (silver-colored)**

- Be careful the first 24 hours. The material takes a few hours to harden fully. Eat soft foods throughout the day. You can resign to your typical eating habits the next day.

**Call the office if your bite does not feel normal once the anesthetic wears off or if you continue to have sensitivity that does not seem to diminish with time.**

*If you have any questions or concerns please, call Kaminski Dental Center at 920.857.3011.*

*For your convenience, feel free to use our online [Request an Appointment](#) form to schedule your preferred consultation time with any of our dental specialists.*