After Visit Instructions for Fillings, Porcelain Crowns, & Onlays

Certainly the filling you just received is made of the best available materials. At our office we make a special effort to properly place, shape and adjust our patient’s fillings.

Patient Should Avoid or Note The Following
- Brush & floss as usual. It’s normal to have sore gum tissue around the new filling for a few days.
- If your tooth was not root canal treated, remember, the tooth is alive! Hot – Cold- Salty – Sweet- Sour, or Spicy foods or liquids will likely cause sensitivity. Transient post treatment sensitivity is quite normal with all new dental restorations. As long as it getting a little better over time …sensitivity is normal/ especially to hot & cold. We always recommend that the patient use “Sensodyne toothpaste” after dental treatment for any bonded dental restorations.
- Avoid eating on the tooth that was just worked on. We all have the sensation of pain for a reason. Our senses are telling us to leave the area alone so that it can heal! You can eat on the other side and if necessary go to a soft nutritious diet for a few days.

Anesthetic
The length of time you experience numbness varies, depending on location & type of anesthetic you’ve received. Usually the total numbing duration from your last dental injection is 1-2 hours for the upper arch, & 2-5 hours on the lower arch. While your mouth is numb, you’ll want to be careful not to bite your cheek, lip or tongue. If you need to eat, a liquid diet is recommended until the numbness wears off.

Sensitivity As a Result of Deep Fillings
When a filling is deep or close to the tooth nerve, at our office we will routinely place a sedative material under your restoration (commonly known as a base/liner). The liner is placed under your filling like a blanket between the filling and the deep living tooth structure. Please be aware of the fact that while the outer filling must have certain material properties to withstand chewing forces, the base/liner under the filling will have special medicinal properties in order that it will be soothing to the proximal nerve.

Benefits of a Base Liner
- Serve as an insulator
- Release fluoride to help prevent future recurrent decay
- Serve as a tactile indicator- “barrier back drop”, if and when your filling needs to be removed in the future.

Why Do My Teeth Have Blue Marks On The Chewing Surfaces?
This is normal and the blue can easily be removed by either brushing or wiping it away with a paper towel. The blue marking paper is used to mark and adjust new fillings so that the patients bite is properly balanced.

I Found A Piece Of Filling In My Mouth. Is The New Filling Broken?
No, it is very rare that a new filling will break. The piece of filling is usually excess material that you did not notice while you were numb. Often, when a patient is numb, it is very difficult to rinse. Additionally, there are natural tissue folds which will hide small pieces of filling material from the dentist and assistant.

My Bite Feels High
It is a normal sensation when a patient is numb for the bite to feel high. First, check with your fingernail to make sure that there is no excess dental material on your upper or lower teeth. If you find something don’t be shy, try to scratch it off. Once the anesthetic wears off you may notice that your bite is a little different. First try the following test:

1. Bite only on the teeth on the left side- The right side should not interfere.
2. Then bite only on the right side.-The left side should not interfere.
3. Finally, bite on both sides at the same time. All posterior teeth should occlude with equal force. The new restoration should not hit first or interfere with your bite.

When patients are numb, they can’t always find the proper orientation of their jaw and may bite in the wrong position. This gives your dentist a false marking and occasionally results in a filling that is too high or interferes in your bite. If you have a tooth high in your bite, please return to the office after the anesthetic has completely worn off. It is less likely you will bite improperly when you are not numb! Please don’t underestimate symptoms that could result from a high bite. This could be quite uncomfortable.

If you have tooth pain please visit our website → www.Chicagosdentist.com → Emergency section topics:
- #3 “Tooth Ache”
- #10 “Emergencies after Routine Dental Procedures”