



Dental Fillings After Care

It is normal to experience some hot and cold sensitivity after the placement or replacement of dental fillings. The teeth require some time to heal after the removal of a tooth structure and will be sensitive throughout the healing process. Additionally, you may also experience sore gums for a few days.

Oral Hygiene

Rinse with warm salt water the day after your procedure using 1/2 teaspoon of salt dissolved in 8 ounces of warm water. Gently rinse using portions of the solution, taking several minutes to use the entire amount. Repeat at least three to four times daily to help reduce pain and swelling.

Daily brushing and flossing are a must for your new dental work. Daily plaque removal is critical for the long term success of your new restorations, as are regular cleaning appointments.

Pain

For moderate pain, take one or two tablets of Tylenol or Extra Strength Tylenol every three to four hours. You may take two to four Ibuprofen (Motrin or Advil) 200 mg tablets (400-800 mg) every 6 hours.

Diet

As the material is fully set when you leave the office, you may chew with your new composite filling as soon as the anesthetic fully wears off. Any food that can crack, chip or damage a natural tooth can do the same to your newly filled tooth. Avoid hard foods and substances as well as sticky candies. If you engage in sports, please let us know as a custom mouth guard may be recommended. This mouth guard will also be beneficial if you grind your teeth at night.

Remember, your case is individual and no two mouths are alike. Please contact our office if you have any questions or concerns.



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