

Please follow these home care instructions for fillings:

- After anesthetic has been used for a procedure, you most likely will be numb for several hours after. The more active you are, the quicker it will wear off. Take care not to bite or burn your lip, tongue, cheek, etc. Very rarely does the numbness persist beyond this time frame, or become permanent, but it can happen. Please call our office with any issues. Children should be monitored closely as they tend to chew on the numb area because it feels different but can cause serious damage.
- One of the most common problems following filling placement with anesthesia, is that your bite may be incorrect. If your bite feels uneven, or is sore to bite down/chew beyond the first few days, please call our office to schedule an appointment for evaluation and bite adjustment. If you clench and grind your teeth, it can take longer than average for your fillings to feel normal again. If your bite is imbalanced for too long it can cause damage to the nerve of the tooth requiring further treatment, so always contact us right away if it feels like the bite may be off or sore, to be adjusted.
- You can take over the counter pain relievers for tenderness or discomfort as needed following instructions on the label. You may take aspirin, Advil (ibuprofen), Tylenol (acetaminophen), or Aleve (naproxen) unless you are allergic to these medications or have a medical condition that would prevent you from taking these medications. This will help with any soreness at the injection sites where your anesthetic was administered, and help relieve any inflammation that may have started.
- It is normal to experience some hot, cold and pressure sensitivity after your appointment. Hot or cold sensitivity may continue for several weeks after the placement of the fillings. Usually these symptoms will subside over time, but if you find that the sensation is lingering for a long time after the stimulus is removed, or it is waking you up at night, please contact our office for evaluation as teeth can respond poorly to any procedure, no matter the size, and need further treatment. As long as your fillings are continuing to feel better over time, this is a good sign, but if they stay the same or become worse please call our office.
- Your new composite (white) fillings are fully hardened before you leave the office, but if you had amalgam (silver fillings) placed, it can take a day or so to fully harden, please avoid chewing for the first few hours and do not chew crunchy or sticky foods for the first 24 hours with amalgam. It is wise to chew on the opposite side from the location of the newly placed filling(s) until the anesthetic has worn off.
- If you have any further questions please contact us at 303-989-1423. Dr. Freiberg is always on call if you have an emergency.