



# Homecare – Filling

For your dental health.

## How to care for your teeth after having a filling

To keep your mouth comfortable after having a filling, and to ensure that your filling sets properly, follow the tips below.

- If we used anesthetic, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid chewing anything until the numbness has completely worn off.
- It's normal to experience some hot, cold, and pressure sensitivity after your appointment.
- Your gums may be sore for several days. Rinse three times a day with warm salt water (one teaspoon of salt in a cup of warm water) to reduce pain and swelling.
- Don't chew hard foods—and don't chew directly on new silver fillings—for twenty-four hours following the appointment. If possible, chew only on the opposite side of your mouth. You may chew right away on white fillings, because they set completely on the day of the appointment.
- If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please call our office.



*You will be numb for some time*



*Salt water rinses will help soreness*



*Wait 24 hours before eating*