

## What to Expect From Your New Fillings

1. **Do not eat or chew until the numbness wears off.** It is very easy to inadvertently cause serious damage to your lip, tongue, and cheek while numb.
2. Once the numbness has diminished, you may chew immediately. The filling is set and hardened before you leave the office.
3. Your filling will typically be sensitive to cold and heat for up to a week. This is a result of the nerve being irritated by cleaning out the decay. Take an over-the-counter pain reliever about three times a day for three days to soothe the nerve of the tooth. Anti-inflammatory medications, like Advil, are best for dental discomfort. Sensitivity should gradually subside within a week to ten days, if not, please call our office.
4. Once the numbness wears off, your filling will feel “new,” but should not feel like it is high to the point that it prevents your other teeth from coming together normally. If your filling does feel too high, please contact us as soon as possible to have it adjusted.

**After Hours Emergency Number  
817-689-3837**