

## **Post-Op Instructions- After Fillings**

After each appointment when the anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid chewing until the numbness has completely worn off.

It's normal to experience some hot, cold, and pressure sensitivity after each appointment. Your gums may be sore for several days. Rinse three times a day with warm salt water (a tsp of salt in a cup of warm water, rinse-swish- spit) to reduce pain and swelling. Use medication only as directed.

You may chew right away on the white fillings since they set completely on the day of your appointment. If your bite feels uneven, if you have persistent pain, or if you have any questions or concerns please call our office.

Thanks,

Dr. Gibson & Staff