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Post-Operative Instructions for Fillings and Crowns

YOU MAY EXPERIENCE THE FOLLOWING SYMPTOMS AFTER YOUR PROCEDURE:

- Increased, short or sharp cold sensitivity
- Gum soreness at the injection site and tissue irritation of the surrounding area
- Bruising
- Tired or sore jaw, limited opening

Often, these symptoms will last 1-2 weeks. If the symptoms last longer or change in quality (become lingering or achy), please call our office to consult with Dr. Chalmers or make a follow up appointment.

Please note, it is not okay to have biting sensitivity, sensitivity to hot, discomfort waking you up at night, or discomfort from chewing. Occasionally, due to the numbing effect during the procedure, it can be difficult for the patient to replicate their normal bite, and the restoration will require a follow up adjustment. Discomfort because of this typically begins 3-5 days after the procedure. If you experience any questionable symptoms, again, please call our office to schedule a follow up appointment for an evaluation, and possible adjustment.

To lessen your discomfort, you may take over-the-counter pain medications. We recommend 500mg of acetaminophen (such as Tylenol) and 400 mg of ibuprofen (Advil or Motrin) every 6 hours for 3-7 days. We also recommend that you brush with sensitivity toothpaste and rinse with a warm salt water solution (1 teaspoon of salt in one cup of warm water) 3 times a day for 3 days after the procedure.