

151 Riverside Drive
Binghamton, NY 13905
607-724-1389 • Fax 607-724-6468



609 East Main St.
Endicott, NY 13760
607-754-3080 • Fax 607-754-3083

Family, Cosmetic and Implant Dentistry
www.summitdentalarts.com

Post-Op: Resin Filling

ACTIVITY: After leaving our office today, we suggest you consider relaxing or, at least, limiting your activity for an hour or two.

DISCOMFORT: It is normal to experience some minor sensitivity to temperature and pressure for a few days, and your doctor will go over specific instructions for you. Your gums may also be sore for several days. To reduce soft tissue soreness, you may rinse your mouth 2-3 times per day with warm salt water (1/4 tsp. of salt in a cup of warm water). Generally, 400 to 800mg Ibuprofen (i.e. two to four over-the-counter tablets of Advil, Motrin, or generic Ibuprofen) every six hours, is all that is needed for post-operative soreness. If you have an allergy or sensitivity to Ibuprofen, or have been advised not to use it, you may take up to 1000mg of Acetaminophen (i.e. three regular Tylenol tablets or two extra-strength Tylenol tablets) every six hours.

ORAL HYGIENE: It is important to continue to brush and floss normally to keep the area clean.

EATING AND DRINKING: After each appointment when an anesthetic has been used, your lips, teeth and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. Don't chew hard foods or chew directly on new silver fillings for twenty-four hours. If possible, chew only on the opposite side of your mouth. You may chew right away on white fillings since they set completely on the day of your appointment.