

After Filling Instructions

Thank you for choosing us for your dental needs. Here are some things to expect after your filling appointment.

1. If you had anaesthetic to numb your lower teeth, your lower lip, cheek and tongue will also be numb.
2. If you had anaesthetic to numb your upper teeth, your cheek, upper lip, nose and even eye may be numb.
3. It is normal for the numbness to take many hours (3-6 hours) to wear away depending on how much anaesthetic was administered and your body's metabolism.
4. You can eat straight away after your appointment as the filling is set and as strong as it can be. However, never bite on hard things like ice or lollies. Be careful to not bite your lips, cheek and tongue as these areas may still be numb.
5. It is normal for the area where the anaesthetic was administered to feel tender.
6. It is normal for the tooth to feel sensitive over the next few days and may sometimes take a few weeks to resolve.
7. When you bite your teeth together, your bite should feel the same but if it feels different, please contact us asap.
8. Your jaw may also feel tender and tight. If so, please rest your jaw and eat soft foods for the next few days.
9. It is helpful to take Paracetamol or Ibuprofen straight after your appointment to help minimise any discomfort.

Don't hesitate to contact one of our friendly staff at My Dentist at Cannon Hill on 39021023 should you have any further questions or concerns.