

# *Lexington Dental Care*

## *Post-visit instructions*

### **Filling Visit Post OP**

Avoid chewing on the tooth recently filled for 24 to 48 hours. You may experience some sensitivity in the tooth or the surrounding gum. For a moderate level of pain, taking 2 Advil or Tylenol every 4 hours as needed, will help with the discomfort. Warm salt water rinses (1 teaspoon in one cup of warm water) can help soothe sore gums. If the filling hits the opposing tooth or interferes with chewing, it will need to be adjusted so that the filling or the tooth is not damaged. Adjusting the bite is a simple procedure and does not require anesthesia. Contact the office for an appointment if you feel the bite needs to be adjusted. Sensitivity to temperature, and pressure are common side effects and should dissipate over time. If the sensitivity is not waning or getting worse, please contact our office for an appointment with the dentist. Pain that lasts for hours or days instead of seconds or minutes, wakes you up at night or spontaneously throbs, indicates the tooth may need root canal treatment.

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