

Post Operative Instructions Fillings

Resin (tooth colored) filling

- Do not eat on your resin filling until the anesthetic has worn off. The filling is as hard as it will get so you may eat normally after the anesthetic wears off
- Any tooth can be sensitive after a filling is placed. Not everyone experiences this, but it is normal if you do. This is usually most intense for the first three days but can last a few weeks. In rare cases it can linger longer, please call if the sensitivity is intense or not improving after a few weeks so we can evaluate it.
- Your bite was checked after the filling was placed, but your jaw can move in different ways after the anesthetic wears off and when eating. If the filling feels “high” or “off”, please call so we can adjust the bite.
- Even though we polish the resin it can still feel a little rough on the surface. This roughness should subside within a couple of weeks.
- If anything feels out of the ordinary or if you have any problems or questions call 737-3521.

Amalgam (silver) or Glass Ionomer (white Fl releasing) filling

- Do not eat on your filling for 24 hours. It takes this long for the filling to reach its full hardness. Using it prior to 24 hours can cause it to crack and break or weaken it so it breaks in the future.
- Any tooth can be sensitive after a filling is placed. Not everyone experiences this, but it is normal if you do. This is usually most intense for the first three days but can last a few weeks. In rare cases it can linger longer, please call if the sensitivity is intense or not improving after a few weeks so we can evaluate it.
- Your bite was checked after the filling was placed, but your jaw can move in different ways after the anesthetic wears off and when eating. If the filling feels “high” or “off”, please call so we can adjust the bite.
- Your amalgam was burnished (smoothed) after it was placed. Amalgam cannot be polished until it reaches its full strength after 24 hours. No advantage in terms of strength or longevity has been shown with polishing, but it will be smoother and shinier. If you would like to have your amalgam polished please let us know and we will set up a short appointment to polish your amalgam. If anything feels out of the ordinary or if you have any problems or questions call 737-3521.

Thank you for choosing Joiner and Zwart Dentistry for your dental needs. We appreciate it!

