



Cornerstone Dental Group

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& Associates

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Fillings: Post Operative Instructions

- It is normal the day of treatment to experience some general discomfort. Your jaw muscles may also be tired from opening. In most cases this will subside quickly and can be relieved with your normal over-the-counter pain medication.
- It is normal to experience some sensitivity to cold. This is your tooth's way of saying *hey I'm bruised/inflamed*. This sensitivity will range from not noticeable at all to rather bothersome. In most cases it is transient and goes away as the tooth heals in a few days to a few weeks. The degree of sensitivity is related to a number of factors such as depth of the decay/proximity to the nerve of the tooth, the tooth's natural ability to heal, amount of previous work and previous trauma. The doctor will usually let you know how the procedure went and what you may expect.
- Watch that children don't bite their cheeks or tongue.
- Your bite should feel normal after the freezing comes out. If it feels high or like it hits first or interferes when you chew on it a certain way, you will need to have the bite adjusted. Please call the office for an appointment; it usually takes only a few minutes.
- The tooth should feel smooth and brush and floss like a natural tooth.

Thank you and if there are any questions or concerns please don't hesitate to contact the office.