



# Cornerstone Dental Group

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## & Associates

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## ***Fillings: Post-Operative Instructions***

- It is normal to experience some general discomfort on the day of treatment. Your jaw muscles may also be tired from opening. This often subsides quickly and can be relieved with your usual 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 several factors, such as the depth of the decay/proximity to the tooth's nerve, the tooth's natural ability to heal, and the amount of previous work and 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, like it hits first, or interferes when you chew on it a certain way, you must 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.
- If you have a bruxism or orthodontic appliance and did not bring it to your filling appointment for us to check, please check that it fits over/around your new filling(s). If it does not, you must come in to have your appliance adjusted.

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