



Dentistry on Queenston

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POST-OPERATIVE DENTAL RESTORATION (FILLINGS) INSTRUCTIONS

Do not eat or chew until the numbing effect has worn off. Otherwise, you can cause considerable injury to your tongue and cheek.

Most common complications after restoration:

- **Sensitivity:** 95% of patients experience to some degree, sensitivity to cold for up to 4 - 6 weeks after having fillings done. Your experience may vary depending on the size of the cavity, proximity of the filling to the nerve, your nerve anatomy, your pain tolerance and the period of time the cavity has gone untreated. Commonly, the larger cavities are more sensitive for a longer period of time, however, past one month post-operative, your sensitivity should start decreasing.
- **Bite is off:** Sometimes because of our inability to feel our teeth, bite, and bite in the right place when numb, the fillings can feel “high” or not right. After the numbing has worn off, if your bite feels “one-sided” (one side hits before the other side), or it feels like your teeth slide into place when you bite down, or it just doesn’t feel right for any reason, you should let our office know immediately and arrange for an appointment to get your bite evaluated.
- **Roughness:** If the filling feels like it has not been polished appropriately or has a ledge or feels edgy (as opposed to smooth), please let our office know at your convenience to book an appointment to have proper repair done. These appointments are easy and require no anesthetic.
- **Pain and discomfort:** You may experience pain and discomfort on a tooth that was not sensitive prior to filling. This happens usually due to close proximity or exposure of the nerve (pulp of the tooth) to the restoration (filling). It is very important to distinguish this from the common sensitivity felt by majority of the patients after having the fillings done. In some cases, when the filling is placed too close to the nerve, your dentist usually places a layer of “base” to insulate and calm the nerve down. This is called “pulp capping” and is very effective. Unfortunately, it does not work in all cases.

Some signs you should be aware:

- **Pain and sensitivity to cold that lingers more than 5 seconds after the stimuli (cold) has been removed:** A good way to know this is to cover the tooth with your tongue to warm it right after you feel the sensitivity to cold. If the pain goes away immediately after removing the cold, or covering it with your tongue, then most probably you are experiencing the common sensitivity. If the pain and lingering does not resolve within 4 - 6 weeks, you should let our office know.
- **Pain not related to any stimuli:** If your filled tooth hurts regardless of any cold, hot, or pressure being exerted on it, you should call us.
- **Pain that interferes with your sleep:** If you experience throbbing or sharp shooting pain that wakes you up at night, please call our office.

Upon your examination at our office, we will determine the treatment to alleviate your pain. We are here for you and please feel free to call us at (905) 561-7310 with your questions and concerns.