



WHAT TO EXPECT AFTER A FILLING APPOINTMENT

1. We recommend that you do not eat on the side that is numb after your visit. While you are numb, please be careful not to bite your lip, cheek, or tongue.
2. It is important to continue regular brushing and flossing in the area and to continue regular recall visits with our hygienist.
3. It is not uncommon to experience temporary soreness in the area to cold or chewing, lasting only seconds. This indicates a healthy nerve that will eventually recover to feeling 'normal' again. This soreness may take up to 2 weeks to heal, but occasionally recovery can take a few months.
4. For a few days after your visit, the area worked on may be tender to a lot of chewing. Be gentle with the area, chew on the other side as much as possible, and avoid chewing hard things on the new filling like nuts or carrots.
5. During the procedure, the numbness often makes it difficult to feel your bite correctly. If a filling feels tall, or high in your bite, it may not allow your other teeth to meet together properly, or cause **pain while chewing**. If you are experiencing these things, please call our office within a few days of your visit. We may need to see you again for a slight adjustment on the biting surface of the tooth.
6. If Dr. Verbarg used anesthetic for your visit, it should last for approximately an hour after you leave our office, unless the doctor told you otherwise. There may be a bruise at the site of the injection that lasts for a few days. This is a normal soreness.

Please feel free to call our office after your initial visit if you are experiencing any severe symptoms such as constant aching or throbbing on the tooth; or if your bite does not feel right.