



Fillings

If you received fillings in our office recently, here are a few things to be aware of.

- ✓ *For an hour following your visit, do not chew. Wait until numbness subsides before eating. If you had amalgam fillings placed, do not chew for 24 hours.*
- ✓ *Do not bite your lips, cheeks, or scrape your gums. Children should be watched carefully to make sure they don't do this. It will damage soft tissues and result in pain.*
- ✓ *Sensitivity to cold and heat, as well as any soreness, should go away in a few days.*