

Guidance after the procedure of conservative dentistry

These instructions are provided for you to create a more comfortable after treatment experience. Please feel free to contact us during regular office hours (or anytime for an emergency situation at the Emergency room) for any additional information or instructions.

- Eat soft foods and be careful chewing until the numbness from the anesthetics wears off.
- Sensitivity to hot/cold foods is likely to occur and varies for every patient.
- Sensitivity lasts 2 to 3 weeks but can last 6 to 8 weeks and even up to 16 weeks.
- If sensitivity increases or seems unusual, additional treatment may be needed, including possible root canal therapy.
- Ibuprofen (400 mg) some times a daily can be taken to alleviate minor discomfort.
- If sensitivity does not decrease or disappear, or if your bite feels high, please contact our office. A bite adjustment or additional treatment may be necessary.
- Enjoy your beautiful new fillings and with regular check ups and good oral hygiene, they should last for many years.