

Fillings: Post-operative Instructions

- Ideally DO NOT eat or drink anything for the next hour or until the numbness wears off completely, to prevent accidentally biting your cheek or tongue. If you must eat or drink, stick to cool (not warm or hot) and soft foods.
- You may brush and floss your teeth as usual.
- It is common to experience mild sensitivity to cold, heat, or pressure following a filling, which should improve over the next few days. If sensitivity persists or worsens after 1-2 weeks, please contact our office.
- If discomfort is present after the procedure, you may take pain-relieving medication as needed:
 - a) 2-3 tablets (400-600mg) of ibuprofen (e.g. Nurofen, Advil) every 6 hours for 2-3 days. DO NOT take more than 12 tablets (2400mg) in 24 hours.
 - OR
 - b) 2 tablets (1000mg) of paracetamol (e.g. Panadol) every 6 hours for 2-3 days. DO NOT take more than 8 tablets (4000mg) in 24 hours.
- Some fillings may feel “high” or uneven when you bite down. If this sensation persists after a couple of days, please contact us to adjust the filling to ensure a proper bite.
- If a temporary filling has been placed, please avoid eating sticky or hard foods (e.g., gum, caramel, nuts) until your permanent filling or crown is in place. Temporary fillings can easily dislodge and need to be handled with care.
- It is important to follow up with your recommended treatments, such as a permanent filling or crown, to ensure the tooth remains strong and functional.

When to call us:

It is normal to experience some mild discomfort after a filling, but call us immediately if you experience:

- Severe pain
- Swelling or redness in the area
- Discomfort lasting longer than 10 days
- A filling that feels loose or falls out

You can reach us during normal business hours on (02) 8937 0585. If you have an emergency outside of business hours, please visit your local hospital's emergency department.

Thank you for choosing us for your dental care!