



Post-Operative Care after Fillings

Outlined below are a few tips on aftercare once a dental filling procedure has been done. This information can be helpful to review when preparing for an upcoming dental filling procedure.

1. Be gentle

When an anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off.

In general, it is advisable to be gentle after a dental filling procedure. The tooth will be sore and sensitive, and the surrounding teeth may also feel the effects of the procedure. Patients should avoid touching the tooth or area for a day or so to ensure that it heals properly.

2. Avoid eating hard and sticky items

It can be difficult to eat immediately after a dental filling procedure. The tooth may be sensitive or sore, which is completely normal. Generally, dentists recommend avoiding eating hard or sticky items after the procedure to avoid any further discomfort. Foods such as candies, caramels, jerky, tough meats, or hard nuts may damage the newly filled tooth. It is better to eat soft foods, such as eggs, yogurt, pudding, or smoothies for a day or so after the procedure.

3. Rinse a couple of times

Patients are advised to rinse their mouths after a dental filling procedure. There may be debris left behind or food from eating, which can be uncomfortable. Rinsing with salt water or a gentle mouthwash with no alcohol a few times after a dental filling can help cleanse the mouth. Additionally, it can reduce bad breath that may have come from the dental filling procedure, which is a common side effect.

4. Take an anti-inflammatory medication

Some patients experience slight discomfort after a dental filling procedure, which is completely normal. Discomfort or soreness usually does not last longer than a day or two, however, in the meantime, patients can remedy it with over-the-counter anti-inflammatory medication. This will reduce swelling, while also helping to relieve the mouth of discomfort.

5. Brush and floss

Many people are hesitant to brush and floss after a dental filling procedure, however, it is necessary to do so before the night ends. Although the tooth may be sore, it is still necessary to gently brush and floss. Generally, dentists recommend a very soft-bristled toothbrush to avoid discomfort.