

Post-op instructions

Fillings (Fluoride)

1. Your child has had their teeth treated with a fluoride filling or sealant material.
2. After your tooth/teeth have been restored with a fluoride filling, do not drink or rinse for 3 hours.
3. The anaesthesia will generally begin to wear off in 30 to 90 mins. Until it has worn off please avoid all hot foods and do not chew. This is to avoid accidental biting of lip, tongue or cheeks.
4. We are usually able to adjust your bite at the time the filling(s) are placed. However, anaesthesia can mask your “true bite”, therefore if your bite feels high after the anaesthesia wears off kindly report to our dental office. Delaying this adjustment may lead to sensitivity/pain.
5. You may experience sensitivity to hot and cold following the placement of dental filling which may last for a few days to weeks. The duration and severity of sensitivity depending on the depth of the cavity. Kindly take anti-inflammatory medication as prescribed by your doctor.
6. Although very rare, if you experience symptoms of increasing sensitivity, spontaneous pain, or toothache for an extended period of time, it indicates irreversible pulpal disease in the tooth and will require additional treatment, possibly root canal therapy. It is relatively common in cavities with close proximity to the pulp.
7. The finished restoration may be contoured slightly differently and have a different texture than the original tooth. You will get accustomed to this in a few days.
8. Fillings can wear and break down over years. Proper brushing and flossing are mandatory to prevent the further occurrence of cavities.
9. Having your teeth cleaned every six months and a routine examination will help prolong the life of your fillings.

We wish you a speedy and uneventful recovery!

-Team Indiadens