

Seitlin Dental
(704) 375-2030

Instructions for dental fillings.

When you receive a dental filling you are making an investment in your mouth. Please take the following steps to ensure that your white filling will last you for years to come.

Post-operative

- It is normal to have significant changes in response to temperature and soreness at the injection site after dental restorations. This should subside within a few days and in some cases weeks. If your pain gets progressively worse or is causing more than mild discomfort please call this office.
- Ibuprofen (Advil, Motrin) is very effective for dental pain. Two to four tablets may be taken four times a day for the next 3-4 days (if needed) to help control the sensitivity in this area.
- You may resume normal eating as soon as your numbness has worn off.
- **If you notice any discomfort to chew, clench, grind, or floss your filling, call the office to schedule a time for us to adjust the bite on your filling. Eat softly on the area until it is fixed.**

Brushing

- Brush twice a day for at least 2 minutes.
- It is possible to get a cavity around or under your white filling. Pay special attention to the area between your teeth. Plaque and bacteria will lead to decay that can cause your white filling to require replacement or additional dental procedures.
- A mechanical or ultrasonic brush, such as Sonicare, will help you to adequately remove plaque and bacteria. In addition, most electric brushes have a timer that assists you in brushing for a full 2 minutes.

Flossing

- Floss all of your teeth at least once a day.
- Make sure that you insert your floss in between each tooth. You should hear a “pop.”
- Wrap the floss around each tooth and move it up and down to loosen and remove food and bacteria.
- Use a new section of floss for each tooth.
- Floss fingers and other appliances available at the grocery store can help you reach your back teeth easily.

Fluoride

- A fluoride rinse can prevent new cavities and reduce gum inflammation caused by bacteria.
- Fluoride also reduces tooth sensitivity and soothes discomfort after tooth whitening.
- ACT is a great over-the-counter fluoride rinse.

Follow-up

- You should visit our office at least twice a year for professional dental cleanings or more often if directed.
- At least once per year x-rays will be taken and each tooth will be checked for cavities, cracks, and infection.