



Choose Health. Choose Yourself.

Fillings

- While your mouth is numb, **be very careful with your lips and tongue.** Avoid eating hard or crunchy foods until all numbness has subsided. We recommend soft foods and smoothies until the anesthetic wears off; just make sure to brush your teeth afterwards!
- Your gums, cheeks, and jaw may be sore following treatment. If your gums are tender, **rinse your mouth with warm salt water.**
 - Fill an 8 oz glass with warm water and mix in 1 tsp of salt. Swish small amounts until the glass is empty; repeat several times a day for the first couple of days following your visit. Discontinue once symptoms subside.
- To mediate any pain or discomfort, **take whatever you would take for a headache,** following the instructions on the bottle. If possible, take ibuprofen, as this medication tends to relieve dental discomfort more effectively than acetaminophen alone.
- **It is normal to experience mild sensitivity** to cold food and drink in the first few days and weeks following treatment. If sensitivity increases, or if you have pain when biting down, please contact the office to schedule a follow-up appointment.
- Call us at **919-286-4481** with any other questions or concerns!