



CONNECT FAMILY DENTAL • PATIENT RESOURCES

Dental Filling Post-Operative Instructions

Helpful guidance for caring for your tooth after a dental filling and knowing when to contact our dental team.

AFTER YOUR FILLING

Your tooth may feel different or mildly sensitive for a short time after treatment.

PROTECT YOUR RESTORATION

Follow your dental team's instructions and allow the treated area to adjust before returning to normal chewing.

QUICK GUIDE

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01 Numbness

- If local anesthetic was used, your lips, cheek, tongue, or gums may remain numb for a period after treatment.
- Avoid chewing until normal sensation returns to help prevent accidentally biting your cheek, lip, or tongue.
- Use caution with hot foods and drinks while the area is numb.

02 Eating & Chewing

- Once normal sensation returns, follow your dental team's instructions about eating.
- If the filling was placed in a tooth used for chewing, begin gently and avoid unusually hard or sticky foods if the area feels tender.
- If your dentist recommends a specific waiting period before chewing, follow that instruction.

03 Sensitivity

- Mild sensitivity to cold, heat, or pressure can occur after a filling and may improve as the tooth settles.
- Avoid foods or drinks that trigger discomfort while the tooth is sensitive.
- Contact our office if sensitivity is severe, persistent, or becomes worse instead of improving.

04 Oral Hygiene

- Continue brushing and flossing normally unless your dental team gives you different instructions.
- Be gentle if the gum around the treated tooth feels tender.
- Good oral hygiene helps protect the filling and the surrounding teeth.

05 Care for Your Filling

- Do not bite or chew on unusually hard objects such as ice or non-food items.
- Avoid using your teeth to open packages or bite objects.
- Keep your regular dental checkups so your filling and surrounding tooth can be monitored.
- If your bite feels uneven or the tooth hits first when you close your mouth, contact our office for an evaluation.

06 — IMPORTANT: WHEN TO CONTACT US

Contact Connect Family Dental if you experience symptoms that concern you or seem unusual.

Call us if you experience:

- Severe or worsening tooth pain
- Persistent or increasing sensitivity
- A filling that feels loose, broken, or has come out
- A bite that feels significantly uneven after the numbness has resolved
- Any unexpected or concerning symptoms

Important Note

These instructions are general information and may not apply to every patient or type of filling. Always follow the specific instructions given by your Connect Family Dental team.

CONNECT FAMILY DENTAL

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Questions after your dental filling? Please give our dental team a call.