



Redwater Dental Clinic

4940 48 St, Redwater, AB | 780-942-4691 | redwaterdentalclinic.com
Text us at 855-577-1105

POST FILLING INSTRUCTIONS

Please read and keep this sheet for reference.

What to Expect After Your Procedure

Whether you received a composite (tooth-coloured) or amalgam filling, some minor sensitivity is common and expected:

- Sensitivity to hot, cold, sweet, or pressure — this is normal and usually resolves within 1–2 weeks.
- A feeling that the tooth or bite feels “different” — your mouth needs time to adjust to the new restoration.
- Mild soreness in the gum tissue around the treated tooth, especially if a rubber dam or clamp was used.
- Numbness or tingling in the cheek, lip, or tongue until the local anesthetic wears off (usually 2–4 hours).

Composite (Tooth-Coloured) Fillings

Composite fillings are set immediately using a curing light, so they are fully hardened before you leave our office. However:

- Avoid biting down on the treated side until the freezing has completely worn off to avoid accidentally injuring yourself.
- Some sensitivity to temperature is normal for a few days to a few weeks.
- The shade of composite may appear slightly different initially but will blend naturally with your tooth.

Managing Discomfort

- Ibuprofen (Advil/Motrin) 400–600 mg every 6–8 hours with food is effective for post-filling soreness.
- Acetaminophen (Tylenol) 500–1000 mg every 4–6 hours is an alternative if ibuprofen is not suitable for you.
- Avoid extremely hot or cold foods and beverages for the first 24–48 hours.
- Desensitizing toothpaste (e.g., Sensodyne) used regularly can help reduce sensitivity.

Eating & Drinking

- Wait until the freezing has fully worn off before eating — typically 2–4 hours.
- Avoid very hard, crunchy, or sticky foods (caramel, hard candy) on the filled tooth for the first 24 hours.
- Eat normally once the anesthetic has worn off; your filling is strong enough for regular use.

Oral Hygiene

- Brush and floss normally — there are no restrictions after the freezing has worn off.
- Floss carefully around the filled tooth; there may be a slight adjustment period.
- Continue with your regular checkups and cleanings to extend the life of your restoration.

When to Contact Our Office

- Your bite feels significantly high or uneven after the freezing has worn off — do not wait; a quick adjustment is easy and prevents discomfort.
- Sensitivity that is severe, worsening, or persists beyond 2–3 weeks.
- Shooting or throbbing pain, pain that wakes you at night, or pain that is not relieved by over-the-counter medication.
- A visible crack or chip in the filling.
- The filling feels loose, has fallen out, or there is a noticeable hole or rough edge.

Questions or Concerns? We're Here to Help.

Call: 780-942-4691 | Text: 855-577-1105 | redwaterdentalclinic.com
4940 48 St, Redwater, AB | After-hours: leave a voicemail and we'll respond promptly.

This handout is for informational purposes only and does not replace professional dental advice. Always follow the specific guidance provided by your dental provider.