



## After a Tooth Filling: Care and Comfort Tips

### 1. What to Expect

- Mild sensitivity to temperature or pressure is common and usually settles within a few days.
- If local anaesthesia was used, numbness may last a few hours.

### 2. Eating and Drinking

- Wait until numbness has worn off before chewing to avoid biting your cheek or tongue.
- Start with soft foods (rice, mashed potatoes, soups) and chew on the opposite side at first.
- Avoid hard, sticky, or very hot and cold foods for the first few days.

### 3. Daily Care

- Brush gently twice daily with a soft-bristled toothbrush.
- Floss carefully between all teeth, including around the filled tooth.
- Use toothpaste for sensitive teeth if needed.
- Attend your follow-up appointment so your dentist can check the filling and your bite.

### 4. Lifestyle Considerations

- **Teeth Grinding:** Ask your dentist about a nightguard if you grind your teeth, this ensures your new filling stays protected.
- **Jaw Soreness:** Use a warm compress if your jaw is sore from opening your mouth for too long.

Please contact us if you experience **severe or persistent pain**, or if your bite **feels uneven** (i.e., the filling feels "high" when you close your teeth together).

**Need Help?** Contact us at **96671828**. **For emergencies, dial 995.**

*True Dental Studio wishes you a speedy recovery.*