

# Post Op Instructions: Deep fillings & Build-ups

Your gums may be sore - warm salt water rinses help heal and soothe your gums. Feel free to do this multiple times a day until the gums feel better. Avoid mouthwashes with alcohol - it'll sting.

Your teeth are likely to feel cold sensitive and achy after deep fillings. Avoid very hot or very cold things.

If you don't have any health issues that contraindicate taking Ibuprofen (Advil) or Acetaminophen (Tylenol), you may try:

1. 600mg ibuprofen every 6 hours for pain
2. 500mg acetaminophen every 6 hours for pain

These 2 medications may be taken together, or staggered. Try starting with just ibuprofen first and add the acetaminophen if needed.

Symptoms to watch for:

- Cold sensitivity which lingers after the food/drink is gone
- Sensitivity / pain that isn't alleviated with acetaminophen and ibuprofen
- Tooth pain that wakes you up at night

Please call our office if you experience any of the above symptoms. We may need to test the teeth to see if root canals are indicated.

Eugene Dental Group

DENTISTRY BY DESIGN

Your bite should feel normal. If anything in your bite feels abnormal after 24 hours, please call our office. We'll get you back in to adjust your bite.

Also call if you have any rough spots, can't floss well or are catching food next to any of your new fillings!