



FILLING AND/OR CROWN POST-OP INSTRUCTIONS

- The material is fully set up unless you have been informed otherwise, so you can eat and drink like normal immediately. Be careful if you are still numb not to bite your cheek or lip by accident.
 - Caffeine and exercise help the numbness go away faster.
- Cold sensitivity is very normal after a filling or crown, and can even last up to 3-4 weeks sometimes.
- **If it feels tender to chew on that tooth once numbness goes away, please call our office for an adjustment** because it will not wear down on its own and can bruise the tooth.
- Soreness is very normal after getting a filling or crown.
 - Take 600mg of ibuprofen (3 tablets of 200mg Advil) or 500mg of Tylenol every 6 hours as needed for soreness.
 - Do NOT exceed 3200mg of ibuprofen or 4000mg of Tylenol in 24 hours.
 - It is normal for your gums or tissue to be sore from treatment. Try warm salt water rinses every 4-6 hours to help soothe the tissue until it heals.