

## Instructions for Home Care After Receiving Amalgam Fillings

We used a local anesthetic to thoroughly numb the area we treated. This numbness in your lips, teeth, gums and tongue might last for several hours after the procedure. To prevent damage to these areas, avoid any chewing until the numbness has completely worn off.

### **What if my filling hurts?**

It's normal to experience some sensitivity to heat, cold and pressure after your appointment. You can also expect some soreness in your gums for several days. Rinsing your mouth with warm salt water can help to alleviate discomfort and swelling. Dissolve a teaspoon of salt in a cup of warm water, then gently swish the water around the tooth and spit.

If the soreness or sensitivity lasts for more than a week, please call our office.

### **Do I have to be careful with my fillings?**

With silver fillings, you shouldn't chew hard foods or chew directly on the new fillings for the first 24 hours. If possible, chew only on the opposite side of your mouth. If your bite feels uneven, or if you have any questions or concerns about your new filling, be sure to give us a call.