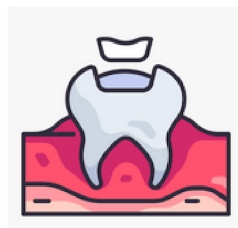




POST-TREATMENT INSTRUCTIONS FOR DENTAL FILLINGS

- **Be Cautious with Chewing:** Avoid biting down directly on the restored tooth for the first 24 hours to prevent premature wear or damage to the filling. Opt for softer foods initially.
- **Maintain Oral Hygiene:** Continue to brush and floss your teeth regularly, being gentle around the restored tooth. Proper oral hygiene helps prevent decay and maintains the longevity of the filling.
- **Avoid Hard or Sticky Foods:** Avoid hard, crunchy, or sticky foods that could potentially damage the filling. Opt for softer foods and avoid chewing on objects like ice or hard candies.
- **Attend Follow-Up Appointments:** Attend any scheduled follow-up appointments with your dentist to ensure the filling is properly seated and functioning as intended. Your dentist may need to make adjustments if necessary.
- **Be Mindful of Sensitivity:** Some sensitivity to hot or cold temperatures may occur temporarily after the procedure. This sensitivity should diminish over time but if it persists or worsens, contact us.
- **Avoid Grinding or Clenching:** Refrain from grinding or clenching your teeth, as this can put excess pressure on the restored tooth and potentially damage the filling. If you grind your teeth at night, consider wearing a night guard.
- **Report Any Issues:** If you experience any pain, sensitivity, or unusual symptoms in the restored tooth or surrounding area, contact your dentist promptly for evaluation.



VISIT YOUR DENTIST EVERY 6 MONTHS FOR A HEALTHY SMILE & A HEALTHY LIFE

