

After Your Filling, Crown, Bridge, Inlay, Onlay or Veneers Treatment

Well done! That's your procedure finished.

Be careful until your local anaesthetic wears off

The first thing to say is that if you had a local anaesthetic then it tends to last for around two to four hours, so take care not to accidentally damage your tongue or lip. It is usually best to wait until you have full feeling back before you try to eat or have a hot drink because you don't want to bite or scald yourself.

Pain relief – Take ibuprofen and/or paracetamol

It might be a good idea to take some pain killers such as paracetamol or ibuprofen before the anaesthetic wears off, and then if you do get any post operative discomfort you will be eased through it more gently. Always read the instructions on the packaging and never exceed the recommended dose.

Avoid the area when chewing for the rest of the day

The restorative materials we use set straight away, so you don't strictly need to avoid the area when eating. However, as a "belt and braces" measure, you may benefit from avoiding hard food and chewy food and eating on the other side of your mouth for the rest of the day. If you feel that your bite isn't quite right, then let us know and we can look at it for you; your new restoration might just need a little polishing in to shape.

Slight sensitivity is normal

You might experience slight sensitivity at first, especially to cold. Don't worry, that should settle down within a few days. If it doesn't then that might be down to one of several factors, including your restoration being a fraction too high. If the sensitivity is lessening over time, then the tooth is healing and that is reassuring. If the sensitivity remains the same or starts to worsen, then you'll need to come back and see us.

Take care with your temporary restoration

Occasionally, we fit temporary restorations to your tooth/teeth and arrange to bring you back some time later. Temporary restorations are not as strong as your final ones will be, and so you need to take extra care with them. As well as minimising hard food and chewy food, it is a good idea to avoid strongly coloured food and drink as the material used can stain easily.

