

Gentle Dental

INSTRUCTIONS

Post-Dental Filling(s)

- You can eat or drink once the freezing wears off, usually **1-2 hours later** and start with a soft diet.
- Sensitivity to hot and cold is common for **a few days to weeks** following dental fillings. This is especially true when the filling is deep.
- Children should be observed carefully until the local anaesthetic wears off. Due to the strange feeling of the anaesthetic, many children will chew the inside of their lips, cheeks or tongue which can cause serious tissue damage.
- If your bite feels “high”, please be sure to call our office for a simple bite adjustment.
- Contact our office at **#604-371-0801** if you have any questions.