POH-MATACIO D.D.S. INC.

# Your Post-Op Instructions

**BONDS/FILLINGS**

We hope you're doing well after your restoration appointment. It is up to you to maintain the integrity of the restored tooth by being mindful of proper care.

- Care for all teeth with proper brushing and flossing. It is recommended you brush twice a day for 2 minutes.
- Your anesthesia will wear off in approximately 1 to 3 hours after the procedure. It is very important not to chew on the numb side (to prevent biting tongue, lip, etc.) until the anesthesia wears off. Once the anesthesia has worn off and you feel as though any of the restored teeth are disrupting your normal bite, please give the office a call immediately. This imbalance with your bite may cause further discomfort and should be adjusted.
- You may experience some discomfort due to irritation of the area during the treatment procedures. You may also experience sensitivity to cold or pressure. This is completely normal. The possible symptoms of hot, cold or pressure will cease within a few days but could last a couple of weeks. There usually isn't a need for concern, unless the symptoms worsen.
- We recommend taking ibuprofen (Motrin). This is **not** for pain. Ibuprofen will help reduce the inflammation in the area worked on, and will further eliminate hot, cold and pressure sensitivity if taken as directed. If you are allergic to or cannot tolerate ibuprofen (Motrin, Advil, etc.) please advise us. Do not use ibuprofen for more than one week.
- Chew on the area gently for the first few days, as to not disturb any surrounding tissue that may be irritated from the treatment.
- This is now a restored tooth and its integrity is different than a natural tooth; so be mindful of chewing anything that may be too hard (nuts, ice, hard bread, etc.) or too sticky (candy, caramel, taffy, etc.) as you continue on in the future.
- Be mindful of clenching or grinding your teeth, as these habits can place excessive stress on both natural teeth and dental restorations, potentially leading to wear, fractures, or damage to fillings. If you clench or grind, consider wearing a custom nightguard to help protect your teeth and restorations and extend their longevity.

**Please call or text us at (707) 963-4611 if you have any questions.**