

# Temporary Restoration - Precautions

## Post-Operative Instructions

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Today you received a temporary restoration that will be replaced during your next appointment with a permanent composite (tooth-colored) or amalgam (silver) restoration. Temporary restorations are also used during endodontic (i.e. root canal) procedures. The materials used in these fillings ameliorate tooth sensitivity due to their medicating/sedating properties on the pulpal tissue. However, they are not designed to last forever. Please follow the following precautions after having a temporary restoration placed:

- Take caution not to bite or chew on your cheeks, lips, and tongue for they may be numb for several hours following your appointment.
  - Do not eat anything hard or sticky directly on the new filling for the first 48 hours. Soft diets are highly recommended until a permanent restoration is placed. If possible, chew only on the opposite side of your mouth during this duration.
  - The filling may be slightly sensitive to hot and cold liquids and other foods.
  - It is normal for your gums to possibly be sore and bleed for a few hours following the appointment. To ease discomfort rinse with warm salt water (teaspoon of salt in warm water, swish & spit).
  - After the procedure, take Aspirin<sup>®</sup>, acetaminophen (Tylenol<sup>®</sup>), or ibuprofen (Advil<sup>®</sup>) on an as-needed basis. Confirm with your family doctor if you have any medical conditions that preclude certain analgesics.
  - Call the office if you have pain in the tooth/teeth that wakes you up at night.
  - Call the office if your cheeks/face become swollen.
  - If you have any questions or concerns, please contact us at [www.publish.uwo.ca/~kzhou54](http://www.publish.uwo.ca/~kzhou54) or call 519-661-3326 Ext. 89380
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