

RESTORATIVE (FILLINGS) POST-OP INSTRUCTIONS

We have restored one or more of your teeth with a filling material. You were given a choice of either a silver amalgam restoration or a tooth-colored resin restoration. These restorations will serve you well for several years. Please be aware of the following information about your new restorations.

Chewing: *Amalgam restorations do not develop their maximum strength for 24 hours. Chew only soft foods on the new restorations until that time.* As with natural unrestored teeth, avoid chewing excessively hard foods such as hard candy, corn nuts, ice and other hard objects that may break the restoration or remaining natural tooth structure.

Sensitivity: Due to the size and type of the restoration you may experience mild sensitivity to hot and cold. This sensitivity should disappear in a few weeks. If it does not do so, or should it get worse, please contact us. This sensitivity or other mild discomfort can sometimes be caused by a high spot in your bite.

Recall Visits: Professional examinations at regular six-month recall periods are necessary. Developing problems can be found at an early stage and corrected easily, while waiting for a longer time may require redoing the entire restoration. We will contact you when it is time for your recall.

The Future: We expect several years of service from these restorations. However, after a service period of years, large restorations may break or the tooth structure around them may break. If breakage occurs, the involved tooth or teeth may require a crown for optimum strength. Slight stains or chipping at the juncture of the tooth and restoration may occur. Often, we can remove or smooth these areas.

Problems: If one or more of the following conditions occur, contact us immediately to avoid further problems:

- a. A feeling of movement or looseness in the restoration.
- b. Sensitivity from sweet foods.
- c. A peculiar taste from the restoration site.
- d. Breakage of a piece of material from the restoration.

We have done our best to provide you with the finest quality oral restorations available today. However, you must practice excellent oral hygiene to ensure optimum service and longevity.

Family and Cosmetic Dentistry of Kokomo, PC
Dr. Melissa Jarrell
310 East Alto Road
Kokomo, Indiana 46902
(765) 453-4369