

Filling

- Do not eat for at least one to two hours. Wait until anesthetic wears off.
- Do not bite on numb lips or tongue or cheeks.
- For at least 24 hours, do not bite hard or chew on the filling.
- You may experience sensitivity to heat and cold and some gum soreness; this will subside in a few days.
- Continuing good oral hygiene. Continue to brush twice a day and floss daily, as well as any other oral hygiene aids that are recommended by your dentist Dr. Virginia Ipapo.

