

**Susan A. Sheets, D.D.S.**

**Arthur Marshall, D.D.S.**

**Ki-Sung Sung, D.D.S.**

2515 S. Western Ave., Suite 109

San Pedro, CA 90732

(310) 832-2657

[www.drsusansheets.com](http://www.drsusansheets.com)

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## **CARE OF YOUR NEW FILLING**

Please be careful not to bite your lip or tongue until the anesthesia wears off. Either avoid eating until then, or please chew slowly and carefully on the opposite side.

It is normal to experience some minor discomfort after a new filling is placed. Usually, this is limited to some slight discomfort to cold and/or some slight discomfort around the gums. The discomfort to cold will last approximately 3-14 days, so please take it easy when eating ice cream or drinking cold drinks at first. If your gums are slightly tender, rinsing with warm salt water (1 tsp/6 oz.) 2-3 times a day for 2-3 days will help significantly.

Your new filling is also very soft for the first 24 hours. Please avoid any hard food for the first day such as nuts, ice, or hard candies, as these foods could break your new filling.

If you have any questions, please call the Doctor or Dental assistant that helped you at (310) 832-2657. We look forward to helping you again!

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