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POST OPERATIVE INSTRUCTIONS FOR AMALGAM FILLINGS

1. ANYTIME WE WORK ON A TOOTH, WE HELP CAUSE AN "INFLAMMATION" (SWELLING) OF THE NERVE OF THE TOOTH. USUALLY, THIS CAUSES THE TOOTH TO BE MORE HOT AND COLD SENSITIVE. EXPECT SENSITIVITY TO HOT AND COLD FOR UP TO TWO WEEKS. THE SENSITIVITY SOMETIMES PERSISTS LONGER BUT SHOULD GRADUALLY DECREASE OVER TIME. TAKING AN ANTI-INFLAMMATORY DRUG; I.E. NUPRIN, ADVIL, ASPIRIN, MOTRIN, OR TYLENOL FOR THE FIRST FEW DAYS FOR UP TO 2-3 WEEKS WILL HELP REDUCE THIS TOOTH INFLAMMATION AND HELP THE TOOTH HEAL BETTER. WE RECOMMEND TAKING A 400 MG. MOTRIN (IBUPROFEN) TABLET EVEN BEFORE THE LOCAL ANESTHETIC WEARS OFF. NUPRIN, ADVIL, OR MOTRIN SEEM TO BE MOST EFFECTIVE FOR TOOTH DISCOMFORT.
2. NOTIFY US IF THE FILLING FEELS HIGH TO YOU, AND DO NOT BITE DOWN HARD ON THE TOOTH UNTIL YOU SEE US IF IT DOES.
3. WE RECOMMEND A SOFT FOOD DIET FOR THE FIRST 24 HOURS. DO NOT EAT ANYTHING HARD, CRUNCHY, OR STICKY.
4. THE USE OF TOOTHPASTE WITH POTASSIUM NITRATE AND/OR USE OF A FLUORIDE (FLUORIGARD, ACT, OR PREVIDENT, OR PRODENT) WILL HELP REDUCE TOOTH HYPERSENSITIVITY,
5. IF YOU EXPERIENCE A THROBBING TYPE PAIN, PARTICULARLY IF IT THROBS ON ITS OWN; PLEASE NOTIFY OUR OFFICE.
6. IT IS IMPORTANT THAT WE SEE YOU EVERY 6 MONTHS FOR RECALL CLEANINGS TO:
  - A. PREVENT FURTHER DECAY.
  - B. KEEP GUM TISSUE HEALTHY WITH REGULAR CLEANINGS.
  - C. CHECK THE FILLINGS TO BE SURE THAT THEY ARE HOLDING UP WELL. A FILLING OR FILLED TOOTH CAN BREAK (FRACTURE); AND IF IT DOES, CAN VERY QUICKLY DECAY AND INVOLVE THE NERVE OF THE TOOTH. THIS TOOTH WOULD THEN NEED A ROOT CANAL.
7. PLEASE NOTIFY US IF YOU DEVELOP ANY SWELLING, IF YOU HAVE THROBBING TYPE PAIN THAT A MILD PAIN MEDICATION DOES NOT TEMPORARILY GET RID OF, IF THE FILLING FEELS LIKE YOU ARE HITTING HIGH ON IT, OR IF YOU HAVE ANY DOUBTS OR QUESTIONS, DR. MARTIN SANDERS CAN BE PAGED AT 630-670-0930 AND DR. DAVID SANDERS CAN BE PAGED AT 847-668-1658.