



CORI S. HVIDEBERG, DMD
Cosmetic & Family Dentistry

Post-Filling Treatment Instruction

Thank you for visiting our office today. Please review the following instructions to ensure proper healing and comfort after your dental filling.

NUMBNESS

- Your lips, tongue, and cheek may remain numb for several hours.
- Avoid chewing, biting, or eating until the numbness has completely worn off.

EATING & DRINKING

- Avoid eating until numbness wears off.
- Avoid very hot or very cold foods for the first 24 hours.

SENSITIVITY

It is normal to experience:

- Mild sensitivity to hot, cold, or pressure
- Slight gum tenderness near the treated tooth

This may last a few days to a few weeks

WHEN TO CALL THE OFFICE

Please contact us if you experience:

- Severe or worsening pain
- Prolonged sensitivity beyond 2–3 weeks
- A cracked, chipped, or lost filling
- Swelling or signs of infection

BITE FEELS HIGH OR UNEVEN?

If your bite feels uneven, or you experience persistent pain when chewing, please contact our office. A simple adjustment may be needed.

(941) 366-1775