

Young Smiles Family Dentistry

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Filling/Crown Procedure Post-Op Instructions

Your new filling or crown may feel different at first. This is completely normal. It can take a few days for your brain to adjust to the new bite or the thickness of your tooth. Here's what to expect and how to take care of your dental work.

Bite and Tooth Sensitivity

- Some changes in your bite or the way your teeth meet are normal.
- If your bite feels uneven or uncomfortable, call our office so we can make adjustments.
- Your tooth may be sensitive to hot, cold, or pressure for a few days. This is normal as your tooth heals.

Gum and Jaw Comfort

- Mild soreness in your gums is common after dental work.
- Rinse gently with warm salt water a few times a day to soothe the area.
- If your jaw feels sore from holding your mouth open, try: Avoiding very wide bites and or using an ice pack or warm compress

Numbness and Safety

- If you received a local anesthetic (numbing injection): Don't chew in the numb area to avoid biting your tongue, lip, or cheek; Avoid hot foods or drinks until the numbness wears off to prevent burns.

Bruising, Swelling, and Other Temporary Effects

- Bruising or swelling at the injection site can happen and usually goes away in a few days.
- You may notice extra saliva or drooling for a few days as your mouth adjusts.
- Discomfort usually improves within days to a couple of weeks. If pain worsens or doesn't improve, contact us.

Caring for Your New Filling or Crown

- Brush and floss daily—keeping your teeth clean is key to long-term success.
- Avoid biting hard foods that can chip or crack your tooth.
- Don't use your teeth as tools (opening packages, chewing pencils, biting nails, etc.).

Preventing Stains

- Drinks and foods like coffee, tea, red wine, berries, and tobacco can stain teeth.
- Use a straw for beverages when possible.
- Brush, floss, or rinse with a whitening mouthwash after consuming staining foods or drinks.

Contact our office if you notice: Persistent or severe pain; Bite problems that don't improve; Swelling or discomfort that worsens instead of getting better. *Remember, it's completely normal for your mouth to feel different after a filling or crown. With proper care, your new dental work will function comfortably and last for years.*

If you have any questions or concerns following your filling procedure, please let us know!