



## valley DENTAL health

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### **Resin Filling Post-Op Instructions**

Follow all home care instructions exactly as provided by your dentist. Your follow up hygiene appointments are important to the success of your treatment. Please keep all scheduled appointments so that we can monitor the health of your teeth and gums.

You can expect the effects of anesthesia to wear off within one to three hours. Until that time, avoid all hot foods and liquids. Do not chew on anything. This will prevent accidental burning or biting of your lips, tongue or cheek.

It is common to experience minor sensitivity to temperature and pressure for up to three days. For large fillings, you may experience sensitivity for up to two weeks.

If you experience any symptoms that seem unusual or if you notice a difference in the way your bite "fits", contact us as adjustments may be needed.

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**If you have any questions or concerns - big or small, contact our office:  
410.666.1178**

For more information, please visit our website [www.valleydentalhealth.com](http://www.valleydentalhealth.com)