



DR LINDA GREENWALL
& ASSOCIATES
SPECIALIST DENTAL PRACTICE

POST DENTAL TREATMENT INSTRUCTIONS

~ For Children ~

After fillings

The lip and tongue can feel strange after an aesthetic and when it wears off it can feel like pins and needle tingling. Care must be taken not to bite or chew the lip or cheek until the numbness from the local anaesthetic wears off. This usually takes about 2 hours.

Do not eat anything while you are still numb, this is to avoid accidentally biting your cheek, lip or tongue.

- i) These fillings set straight away
- ii) Try to avoid having any tea and coffee or dark coloured foods for 24 hours after the filling has been placed as they are slightly porous and you get staining around these new fillings.
- iii) The filling can sometimes feel a little high after treatment, if this is the case, please scheduled an appointment so this can be adjusted.
- iiii) The gum can be slightly tender after filling, this will settle down in a day or so.



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