

INSTRUCTIONS FOR YOUR NEW FILLING

1. Your mouth will be numb for awhile. Average time is two hours but can range from one to five hours.
2. Be careful not to pinch, hit or bite your cheek, lips, or tongue while they are numb. If you do, they can be quite sore later.
3. Avoid chewing while you are numb. Take liquids and foods that can be eaten without chewing.
4. White fillings can be flossed at any time