



## Post Operative Instructions for Inlay/Onlay Restorations

### Following Tooth Preparation:

- Sensitivity and tenderness of the tooth and surrounding gums is common for the first day or two after a tooth has been prepared for restoration. If the tenderness or sensitivity lasts longer than this, please contact our office.
- You may be numb for a period after the procedure; avoid chewing, biting, and eating on the side until the numbness wears off. If hungry, try smooth yogurt or other soft foods until the anesthesia wears off.

### Temporary Restorations

- Eat softer foods, and avoid foods that are particularly crunchy, chewy, or hard.
- Carefully clean around the restoration, brushing and flossing daily. Be gentle when flossing, taking extra care not to loosen the temporary restoration. Slowly pulling the floss out by one end can help avoid putting too much pressure on the temporary.
- You may not be able to floss around the restoration easily, and if this is the case, your dentist recommends you use interproximal flossing picks (floss picks, "Gum Soft Picks" are a good brand).
- If the temporary restoration becomes loose or breaks, please call us. Do not panic if you go for a day or two without the temporary but call us during business hours so that we can repair it for you.

### After Final Restoration:

- Avoid chewing on hard, crunchy, or sticky foods for 24 hours to give time for the cement to fully bond.
- Mild to moderate sensitivity to hot or cold foods is not unusual and should dissipate after a few weeks. If sensitivity lasts more than six weeks, please let the office know.
- Do not chew ice or other hard objects as it can damage your restoration.
- Proper care of your restoration includes brushing your teeth after every meal and snack and flossing at least once a day before bedtime.
- Rinsing your mouth with water or mouthwash will also help remove any additional particles that may have been missed during brushing and flossing. We also find a waterpik particularly useful just prior to flossing and brushing to remove bigger pieces of food.
- Remember to make regular visits with your hygienists so we can help you maintain your new restoration for many years to come!