



What to Expect After Your Appointment

- Mild tooth sensitivity to hot, cold, or pressure is normal for a few days.
 - Numbness may last 1-3 hours after the procedure—avoid chewing until it wears off.
 - Your bite may feel different; this usually settles within 1-2 days.
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Aftercare Tips

- ✓ Avoid chewing hard or sticky foods for the first 24 hours, especially if a silver (amalgam) filling was placed.
 - ✓ Continue brushing and flossing, but do so gently around the filled tooth.
 - ✓ If anesthesia was used, avoid hot drinks and chewing until full sensation returns.
 - ✓ Rinse with warm salt water (½ teaspoon salt in a glass of warm water) if the area feels tender.
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When to Contact Us

- Pain worsens after 48 hours.
 - You experience sharp pain when biting.
 - The filling feels high or uneven.
 - Swelling or signs of infection appear.
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Follow-up:

Regular dental check-ups help monitor your fillings and overall oral health.

Thank you for trusting Huwaran Dental Clinic — your smile is in good hands!  