

### MAA (Micro Air Abrasion) Filling usually no numbing

We use composite (white filling material) and a curing light for it to set up immediately. It is ready for chewing immediately afterwards (unless we tell you otherwise at the appointment).

If you feel as your bite is hitting high or your bite feels off when you bite down, please give our office a call immediately. This imbalance with your bite may cause further discomfort and should be adjusted or polished.

If you wear any type of retainer, or any appliance like a sleep appliance and forgot to bring it to your appointment please check to make sure it still fits and feels normal. If the appliance doesn't fit, it can put extra pressure on your teeth/gums. If it is sore please, let us know and bring the appliance with you so we can make adjustments.

If you have any concerns or your question was not answered above please call our office.

### Numbing filling

Typically the Numbing (Anesthetic) normally wears off in 1-3 hours, but can last up to 8 hours depending your factors such as metabolism, age, gender, genetics, and the type of local anesthetic. Often anesthetic wearing off effect takes longer for ladies/females vs males.

\*\*\* Children & adults, if any part of your mouth is numb like your cheek or tongue it is very important not to chew on those areas while they are numb. While you might not feel anything at the time, you maybe accidentally chewing on your cheeks, lips or tongue. When they wake up, it is possible for those areas to be sore or cut from chewing on them and be painful.

Once the numbing/anesthetic has worn off, if you feel as though any of the teeth we worked on are hitting high or your bite feels off when you bite down, please give our office a call immediately. This imbalance with your bite may cause further discomfort and should be adjusted or polished.

It is possible a tooth (or teeth) may be sensitive to hot, cold or pressure from being worked on, especially if it was larger or deeper cavity and /or closer to the nerve (pulp) of the tooth. The symptoms of hot, cold or pressure sensitivity should continue to get better and stop within a few days to a couple of weeks. However, If there are still symptoms after a week, please call and let us know.

In very few instances, this sensitivity could last longer than a couple of weeks. As long as your teeth or gums are continuing to feel better, (not getting worse or staying the same), everything is fine, and there is no need for concern.

However, if it is not improving, the tooth or area may need some further treatment.

It's possible your gum tissue could be sore or irritated for a few hours or days depending on where the decay/cavity was located, and if gum tissue has any inflammation or infection. The injection site could also be sore, bruised or swollen.

Doing warm **salt water rinses** often and regularly often help soothe the tissue and helps with disinfection and promote the gum tissue healing. Also applying Vitamin E gel over the tissue helps promote healing and cover the sore tissue.

Salt water rinse- Add ½ -1 teaspoon of salt to a 1 cup (8oz) of warm water (warm water from the faucet or heated up). Swish the rinse around your mouth for 10-30 seconds, then spit it out.

To apply, poke a hole in a **Vitamin E gel/oil** capsule with something like a needle or a fork tine (prong). Squeeze out the gel and apply to the affected tissue. Depending on how large a hole is made in the gel capsule it is possible for the Vitamin E to seal/plug the hole. So if later on you try to squeeze out more gel and nothing comes out, you may have to puncture it again to get more gel out.

To help numb the area you can use OTC (Over The Counter) toothache/gum gels. Often the active ingredient is Benzocaine or you could use Clove oil.

Clove oil is a natural remedy that numbs the pain. Soak a Q-tip or cotton ball and dab it against the tooth and gums or rub it directly on the sore area.

When we use composite (white filling material), we use a curing blue light for it to set up right away and is ready for chewing immediately afterwards (unless we tell you otherwise at the appointment). If you are numb it is best to wait for the numbing to wear off before eating or chewing.

If you wear any type of retainer, or any appliance like a sleep appliance, and forgot to bring it to your appointment, please check to make sure it still fits and feels normal. If the appliance doesn't fit, it can put extra pressure on your teeth/gums or if it is sore, please let us know and bring the appliance with you so we can make adjustments.

If you have any concerns or your question was not answered above please call our office.