



Cambridge Dental Hub



Love Your Smile 1 Brooke House, Kingsley Walk, Newmarket Road, Cambridge, CB5 8TJ Love Your Smile

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Dr David Gilmartin, Dental Surgeon

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Dr Anna Casals Antich, Dental Surgeon

Dr Konstantinos Tzamalass, Orthodontics

Dr Gulelala Azhar, Dental Surgeon

Dr Maria Ruiz Del Barrio, Dental Surgeon

Dr Ettiene Deysel, Sedationist

Mrs. Nur Gilmartin, Dental Hygienist

Mrs. T Ocal, Dental Hygienist

Miss Sam Singleton, Practice Manager

Post-Op Instructions: After Receiving a Filling

If you have received this sheet, it is because you had one or more fillings done today.

Here are some instructions to make sure you take care of yourself properly.

1. If your tooth was numbed, please be careful not to eat anything until that numbness wears away. You can do damage to your teeth, lips, tongue, or gums that you are not aware of while the teeth and gums are numb.
2. If you are a parent receiving this after a child had a filling done, please watch them very closely as kids are prone to biting their lips and tongue while they are numb.
3. If you had a tooth colored/white filling done, it is completely set-up right now.
4. When your numbness wears off, take it easy at first, but you can eat regular foods immediately.
5. If you had a silver/amalgam filling done, it requires some time to set to maximum hardness. You should favour soft foods until 24 hours from the time of your appointment.
6. It is quite normal for the gums around your tooth to be sore, for the area where you received an injection to be sore, and for your tooth to be cold sensitive at first. This should resolve itself within about 72 hours.
7. We check the bite (how your teeth come together) on the filling VERY closely while you are here at the Hub Dental Practice.
8. Occasionally, for various reasons, the bite on your feeling may feel high, tall, or that the filled tooth is hitting before the other teeth. If in the event your tooth feels like this, it would be good for you to give us a call and have the filling adjusted to fit your bite.
9. Fillings will not "wear in" and a "high" filling can cause a tooth to be very temperature sensitive and sore.
10. Like almost all dental fillings will usually eventually fail but can last a long time with proper care including regular examinations and effective personal dental hygiene. However, like any man made material, it will wear out with time and need replacement



Emergency visits can be arranged by calling the practice, and we can normally give you a same day appointment.

REMEMBER if you have an emergency and you can't contact us and it involves

Swelling effecting the throat, tongue or airway;

Blockage effecting the throat, tongue or airway;

Rashes anywhere on your body after treatment

Rashes anywhere on your body after taking medication

Severe pain

Bleeding that does not stop with pressure

Bleeding that continues for more than 2 hours after treatment

Bleeding that worries YOU

Then call 111 or GO TO CASUSLTLY STRAIGHT AWAY