



Post-Operative Instructions
Amalgam Fillings

Cary Ganz Test Practice

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What Was Done:

You received amalgam (silver) filling(s) today. These restorations are designed to restore the full function and structure of your teeth.

Immediate Post-Treatment (First 4 Hours):

- Avoid chewing on the treated side until numbness completely wears off
- Do not eat or drink anything hot for the first 2 hours
- Avoid hard, sticky, or chewy foods that could dislodge or damage the new filling

First 24 Hours - Critical Period:

- Some sensitivity to temperature and pressure is normal and should gradually decrease
- Continue to chew carefully, preferably on the opposite side
- Avoid very hot or very cold foods and beverages
- Take over-the-counter pain medication as needed (follow package directions)

Managing Sensitivity:

- Mild sensitivity to cold, heat, or pressure may persist for several days to weeks
- Use toothpaste designed for sensitive teeth if needed
- If sensitivity increases or persists beyond 2 weeks, contact our office

Bite Adjustment:

- Your bite may feel different initially - this is normal
- If the filling feels "high" or your bite feels uneven after 24-48 hours, call for a bite adjustment
- Do not attempt to adjust the filling yourself by excessive chewing or grinding

Long-Term Care:

- Resume normal oral hygiene after 24 hours
- Brush gently around the new filling
- Floss carefully to avoid dislodging the restoration
- Regular dental checkups are important to monitor the filling

When to Call:

- Severe or worsening pain after 48 hours
- Sharp edges that irritate your tongue or cheek
- If the filling feels loose or falls out
- Signs of infection (fever, severe swelling, persistent bad taste)
- Bite problems that don't resolve after 2-3 days

Your amalgam filling should provide many years of service with proper care. Contact our office if you have any concerns.

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Phone: (123) 123-1234 • Office Hours: Tuesday-Thursday 10 AM - 5 PM
If you have any questions or concerns, please contact our office.



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