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Post operative instruction

In the presence of restorative fillings in your mouth,

Amalgam fillings:

- Regular tooth brushing after meals and before going to bed.
- Avoid chewing or biting on the filling for the first 24 hours.
- Avoid vigorous flossing at the amalgam formed proximal surfaces
- If a margin of the amalgam is fractured try to brush that tooth well and try to review your dentist to re-restore that tooth.
- As an average the amalgam filling would last for 7-10 years so don't think it's a life lasting restoration.

As for tooth colored restorations:

- Composite filling material do shrink while hardening, therefore some pain may occur one to two days following the restoration.
- Tooth brush bristles ,tooth picks hard food boli and restorations which are opposite to composite and glass ionomer , all of them will affect the potential wear of tooth colored restorations.
- On average posterior composite fillings should serve for 15 year in a relatively caries free mouth.
- Drinking a lot of tea and coffee will cause the filling to get stained.

In Case of any questions or problems call Dr. Dubov at (201) 334-0274