



WIMBERLEY
DENTAL & WELLNESS

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Jennifer M. Roe D.D.S, MAGD

Post-Op Instructions – Direct Restorations

The numbness should last another 2-3 hours. Be careful not to bite yourself or eat/drink anything hot. You won't be able to evaluate temperature and are at risk of burning yourself with hot foods or liquids.

If, after the numbness wears off, you feel as though the bite is off (teeth don't come together the same, or you feel like you are biting on a strawberry seed), then you need to let us know. Don't ignore it and think it will get better on its own. When you are numb and we are checking your bite, you don't always put your teeth together the same way you do when you are not numb. If we don't correct your bite, it could cause bruising of the ligament around your tooth, causing biting and possibly temperature sensitivity. Call our office so we can get you in for a quick adjustment of your bite if this occurs.

It is normal for your tooth to be sensitive for a few days to temperature. If there is severe pain (pain which wakes you up in middle of night), let us know immediately. The sensitivity should progressively get better. It is also normal for your gums and the site of injections to be tender for a few days. Rinsing with warm salt-water rinses and taking 600mg of Ibuprofen and 500mg of Tylenol every 6 hours should alleviate discomfort. If you have any additional questions or concerns please call office at 512-847-8934.