

What to do after a dental filling

After getting a dental filling, follow these **dos and don'ts** for proper aftercare:

Dos:

1. **Take Pain Relievers:** If you experience discomfort, use painkillers like ibuprofen or paracetamol
2. **Check Your Bite:** Ensure your bite feels even; notify your dentist if there's an imbalance.
3. **Remember the Root Cause:** Maintain a healthy diet and dental hygiene to prevent decay.
4. **Brush and Floss Regularly:** Especially if you have composite fillings.
5. **Schedule Regular Maintenance Appointments:**

Don'ts:

1. **Avoid Hard or Sticky Foods:** Wait 24 hours before eating challenging meals.
2. **Skip Hot Beverages:** Especially whilst you are still numb. You can burn yourself

