

Home Care Instructions after receiving Amalgam fillings

We may have used a local anaesthetic to thoroughly numb the area we treated. Numbness in your lips, teeth and tongue will last for several hours after the procedure. To avoid damage to your tongue and lips, you should avoid any chewing until the numbness has completely worn off.

What if my filling hurts?

It's normal to experience some sensitivity to heat, cold and pressure after your appointment. You can also expect some soreness in your gums for few days. Rinsing your mouth with warm salt water can help to alleviate discomfort and swelling. Dissolve a teaspoon of salt in a cup of warm water, then gently swish the water around the tooth and spit. If the soreness or sensitivity lasts for more than a week, please call the clinic.

Do I have to be careful with my fillings?

With silver fillings, you shouldn't chew hard foods or chew directly on the new fillings for the first 24 hours. If possible, chew only on the opposite side of your mouth as amalgam takes 24 hours to set fully.

Bite is checked after placing the filling. If your bite continues to feel uneven, or if you have any questions or concerns about your new filling, be sure to give us a call.

Are amalgam fillings bad for my teeth or my health?

Silver amalgam is being used in restorative dentistry for over 100 years. Toxicity has not been reported till date. You need to have 492 surfaces of teeth filled with amalgam to experience any toxicity. $32 \text{ teeth} \times 5 \text{ surfaces} = 162 \text{ surfaces}$

Note: We DONT place amalgams in pregnant women and children under 15 years of age as per NICE (National Institute of Clinical Excellence) guidelines.