

## Amalgam Fillings

### Post-Operative Care

- Do not eat anything for 2 hours after having filling placed.
- Avoid chewing on the side filled for 24 hours after having filling placed.
- Avoid flossing the filled teeth for 24 hours
- Expect hot/cold sensitivity for several weeks after the appointment. This is completely normal and will get better over time.
- If the filling done is of large size, be very careful not to chew hard/crunchy foods such as nuts, hard candy, ice, etc.
- If you are supervising a child that is numb, watch them carefully to make sure they do not bite their cheek.

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**Dr. Brian Kirkwood, D.D.S.**  
**(317) 462-3456**

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