



A CARING APPROACH TO YOUR DENTAL HEALTH

Post-Operative Instructions – Fillings, RCT & Crowns

- Do not eat for one hour after your treatment – you need to give the fillings and/or cement time to set.
- Avoid drinking hot beverages until the anaesthetic wears off (if applicable).
- Do not drink alcohol for 24 hours.
- Do not smoke for 24 hours.
- Do not eat anything hard or sticky that may break or pull out fillings/crowns.
- Rinse your mouth regularly with warm salty water or a commercial mouth rine (such as Savacol or Listerine).
- You may experience some soreness or tooth sensitivity with biting and to hot/cold drinks. This should settle within a few days. If symptoms persist, contact your Dentist.

Please feel free to contact your Dentist at any stage if you have questions.

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