

## **Instructions for Amalgam (silver) Fillings**

- wait for numbness to wear off before eating
- if not numb, wait at least one hour before eating---to allow time for the filling material to set up
- eat on the opposite side for 24 hours--to allow time for the filling material to completely harden
- call the office if the filling feels "too high"
- brush and floss as usual after 24 hours
- expect some mild sensitivity for several days after the filling is placed
- call the office if sensitivity persists
- avoid chewing very hard foods such as ice, popcorn kernels, nuts, hard candy, pens, etc. to prevent chipping or breaking of filling