FILTEK MATRIX™

Post-Operative Instructions

Restoration
DENTAL STUDIO

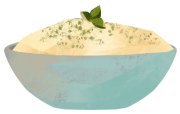
- After your visit, **soreness in the general area of treatment (including the jaw, surrounding teeth, and areas where anesthetic was administered) is normal** and should subside within 3-5 days following treatment. Numbness typically lasts for 2-4 hours following treatment, but may last longer.
- You may experience sensitivity to hot, cold, and pressure for the first 1-2 weeks. This is normal, but it is a good idea to **avoid very hot or very cold foods and drinks for the first 48 hours.** To manage sensitivity, soreness, and/or swelling, you may take over-the-counter pain relievers as needed. **Please reference the attached sheet for recommended dosages for over-the-counter pain relievers.** For any sensitivity or irritation of gum tissue, warm salt water rinses are recommended.
- You can resume eating once the anesthetic wears off, but it is best to stick to soft foods (such as mashed potatoes, mac 'n cheese, etc.) for the first 24 hours. **Avoid hard, crunchy, or sticky foods for at least 24 hours.**
- **Avoid foods and drinks that have the potential to stain your restoration (such as coffee, tea, soda, red wine, etc.) for at least 24 hours. Be sure to rinse your mouth with a non-alcoholic mouthwash or brush your teeth after consuming these products.**
  - Over time, staining may occur. The best way to minimize staining is to limit exposure to strongly pigmented foods and drinks and be sure to brush twice daily.
- **Do not smoke or use any tobacco products for at least 48 hours, as they can cause rapid discoloration.**
- Though durable, the composite material may chip under extreme stress. Avoid biting non-food items, as these habits have the potential to damage your restoration.
- Be sure to stay up-to-date with your routine dental cleanings, as routine polishing at these appointments can help maintain your restoration's smooth surface and aesthetic appearance.
- It is important to continue to brush and floss your teeth as normal. Brush with a non-abrasive toothpaste twice daily, and floss at least once a day.
- Please be advised that an uncommon, but possible, side effect of any dental treatment is trismus, which causes prolonged jaw muscle stiffness. This typically resolves quickly on its own, but in rare cases may last for several months.

You may contact our office with questions or concerns at (219) 476-3100.

Foods to eat and avoid

Eat **soft, bland foods** to avoid irritating the treatment site.

Mac 'n Cheese


Mashed Potatoes

Jello

Applesauce

Soup

Oatmeal

Avoid hard, crunchy, spicy, or sticky foods.

Chips/hard pretzels

Hard/sticky candy

Hard bread

Crackers

Nuts

Cereal

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