

## **Aftercare Instructions**

### ***Build-up***

Your tooth received a buildup to restore it back to its normal size. This allows you to bite properly. The tooth needed this restoration due to a tooth fracture or the presence of a large amount of decay. Buildups are usually done when there is less than 50% of tooth structure remaining. To protect the remaining tooth structure, we recommend that a crown, or cap, be placed. This will prevent the tooth from further fracture.

If anesthetic was used, please be careful not to bite your cheek or tongue. Please do not eat or drink anything too hot or cold until the anesthetic has worn off.

We try to adjust your occlusion (bite) while you are here at the office, but occasionally because of the numbness you can't feel a slight high spot. If your tooth feels funny when you bite down, call us for a quick adjustment appointment. Do not think that this will get better. If you fail to have this adjusted, you could bruise your periodontal ligament. A small high spot can also cause hot and cold sensitivity.

When decay or fracture is close to the nerve, there is always a possibility that the tooth could abscess after the filling is placed, even though there are no signs of infection at the time. We will try to tell you in advance if it we think you could require a root canal in the future. However, variations in tooth anatomy (such as tiny extensions of the pulp that are imperceptible) may make it impossible to determine if there are going to be any pulpal problems in the future.

Don't worry about mild sensitivity to hot or cold foods. It will disappear gradually over a few weeks. Please call us if the sensitivity does not disappear.

Please follow our recommendations for receiving a crown. A large filling holding onto a small portion of remaining tooth does not tend to have a good long-term prognosis.