

Follow-Up Care Instructions After Cavity Filling

Date: [Insert Date]

Dear [Patient's Name],

Thank you for visiting our office for your recent cavity filling. To ensure a smooth recovery and maintain your oral health, please follow the instructions below:

Eating and Drinking

- Avoid eating or drinking for at least 1 hour after your filling.
- When you resume eating, stick to soft foods and avoid sticky or crunchy items.

Pain Management

- It is normal to experience some sensitivity or discomfort. Over-the-counter pain relievers such as ibuprofen or acetaminophen can help.
- If pain persists or worsens, please contact our office.

Oral Hygiene

- Continue brushing your teeth at least twice a day, but avoid the filling for the first 24 hours.
- Flossing can resume the day after your appointment, ensuring to be gentle around the filled tooth.

Follow-Up Appointment

If you have any concerns or questions, please do not hesitate to reach out. We recommend scheduling a follow-up appointment in [insert timeframe] to ensure everything is healing properly.

Thank you for trusting us with your dental care. We look forward to seeing you again soon!

Sincerely,

[Your Name]

[Your Title]

[Dental Office Name]

[Contact Information]