



# GP Dental

excellence in dental care

## WHAT TO EXPECT AFTER GENERAL DENTAL TREATMENT

### **HYPERSENSITIVITY**

After dental treatment, your tooth may become more sensitive for a period of time, especially to temperature if the decay was deep. If the tooth is responding and healing, the sensitivity only lasts a short time and gradually this thermal sensitivity decreases.

### **UNEVEN BITE**

If a filling feels high and does not allow the other teeth to close together, or you are having pain while chewing, please contact us within a few days of your appointment for a slight adjustment and polish of the biting surface of the tooth. Don't wait, thinking it will settle down, as things can feel slightly different when you are numb!

### **LOCAL ANAESTHESIA**

Your diet will need to be restricted to soft foods initially whilst you are numb. This may take anywhere from 45 minutes to 3 hours. We recommend you try to avoid eating during this time, or consume room temperature food and drink on the other side of the mouth if necessary.

This is especially important for anaesthesia of the lower jaw which tends to be more profound, and for young children as they can easily bite their lip, cheek and tongue, causing significant soft tissue damage.

### **INJECTION SITE**

Bruising and mild tenderness may occur at the injection site, depending on the area and if it is close to blood vessels. This is usually not noticeable outside of the mouth and resolves by itself.

### **GUM TRAUMA**

Quite often there is minimal gum trauma from the bands and equipment used when placing a filling. If these small scratches irritate you, we recommend warm salt water rinse.

### **SORE JAW**

Some dental appointments can be quite lengthy. To avoid your jaw from becoming tired and sore during treatment, please let us know and we can provide a small rubber block to rest your teeth together on and protect your jaw. A normal amount of jaw tenderness after holding your mouth open is expected and resolves over time, however can be more comfortable with the use of a heat pack and massage into the joint if required.

### **CERTIFICATE OF ATTENDANCE**

Depending on the type of treatment and occupation, advice will be given. A certificate of attendance can be provided.

---

Warradale  
8298 7699

462 Morphet Road  
Warradale SA 5046

Hallett Cove  
8387 1733

Shop TA4 Hallett Cove Mall  
246 Lonsdale Highway  
Hallett Cove SA 5158

Kensington Park  
8331 0058

400 Magill Road  
Kensington Park SA 5068