**Dental Restoration**

**After receiving a dental filling:**

* Do not bite on your lips or tongue if they are still numb, as you may injure them without knowing it.
* Do not eat until all the numbness is gone.
* If you received a silver (amalgam) filling, do not bite hard or chew on the filling for 24 hours.
* You may experience pain or discomfort for more than a few days following your procedure.
* If the discomfort hurts on its own or is continual, call the clinic at **(828) 298-7911, extension 5620,** to report your symptoms. The clinic hours are open Monday – Friday, 8:00 a.m. – 4:00 p.m. If after hours, please leave a voice message with your name, telephone number, last 4 digits of your social security number and someone will return your call the next business day.
* If the discomfort only happens when eating or drinking something that is hot or cold and does not last for more than one minute, allow 6 - 8 weeks for these symptoms to lessen.



Approved by the Veteran Education Workgroup: July 2020