

Post-Operative Instructions for Inlays and Onlays

We hope your experience at Happy Smiles Family Dentistry has been a pleasant one! Please read these instructions carefully to help with the healing process and ensure the procedure's success.

Inlays and onlays usually take two appointments to complete. On the first appointment, the teeth are prepared. A rubber-type temporary inlay/onlay is then placed in the preparation to protect the tooth while the custom-made permanent restoration is fabricated.

When anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid chewing until the numbness has completely worn off.

On rare occasions, temporary inlays/onlays may come off. If this occurs, do not throw this temporary away, and do not attempt to place the temporary back in yourself. Please call us so that we may schedule a time for you to come into the office so your dentist can put it into place. It is important that a temporary remains in place to avoid movement of adjacent teeth and a change in your bite.

It is normal to experience some hot, cold, and pressure sensitivity after your appointment. If your gums are sore for several days, please rinse three times a day with warm salt water (a teaspoon of salt in a cup of warm water, rinse-swish-spit) to reduce pain and swelling. Use medication only as directed.

To help keep your temporary in place, avoid eating sticky foods (especially gum) and hard foods, and if possible, chew only on the opposite side of your mouth. Do not floss the area surrounding the temporary. It is important to continue to brush normally and even spend a little extra time around your temporary.

If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns, please call our office at **(847)524-0488**.