

University of Tennessee Medical Office 1930 Alcoa Hwy, Suite A-30 Knoxville, TN 37920

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West Knoxville Office

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Fillings

If you received fillings in our office recently, here are a few things to be aware of.

- For an hour following your visit, do not chew. Wait until numbness subsides before eating. If you had amalgam fillings placed, do not chew for 24 hours.
- Do not bite your lips, cheeks, or scrape your gums. Children should be watched carefully to make sure they don't do this. It will damage soft tissues and result in pain.
- Sensitivity to cold and heat, as well as any soreness, should go away in a few days.