LUSSO DENTAL

White Fillings

Before and After Care

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

WHITE FILLINGS

Your care guide

Tooth coloured composite fillings to repair teeth damaged by decay, wear or small fractures, matched to the shade of your natural teeth.

> Please read this leaflet before your appointment and keep it for afterwards. If anything here is different from what your dentist has told you, follow your dentist's advice.

PREPARING

Before your appointment

- Tell us about any changes in your health or medicines.
- Keep taking your usual medicines, including blood thinners, unless a doctor advises otherwise.
- Eat a light meal beforehand, as you may be numb for a few hours.
- Let us know if you have had problems with dental anaesthetic before.
- Tell us if you feel anxious, so we can take more time.

On the day

- Most fillings take 30 to 60 minutes.
- We will numb the tooth and check it is numb before we start.
- Raise a hand if you need a break or feel anything sharp.
- You can usually drive and work afterwards.

RECOVERY TIMELINE

After your treatment

WHEN	WHAT TO EXPECT AND DO
First few hours	You will be numb. Avoid hot drinks and chewing until feeling returns so you do not bite your lip, cheek or tongue.
First 24 hours	The filling is fully set when you leave. Mild aching from the gum or tooth is normal. Take paracetamol or ibuprofen per pack instructions if needed.
First week	Some sensitivity to hot, cold or biting is common and usually improves.
Weeks 2 to 4	Sensitivity should be settling. If it is getting worse, or the bite feels high, contact us.
Ongoing	Keep up your home care and check ups so we can monitor the filling.

Please do

- Do wait until the numbness wears off before eating.
- Do brush twice daily with fluoride toothpaste and clean between your teeth.
- Do use a sensitive toothpaste if the tooth is sensitive.
- Do cut down on sugary snacks and drinks between meals.
- Do wear a night guard if we have advised one for grinding.

Please avoid

- Do not chew on the numb side.
- Do not bite on very hard things such as ice, pen tops or nut shells.
- Do not ignore a bite that feels high.
- Do not use your teeth to open packets.

WARNING SIGNS

When to contact us

- Contact us if the bite feels high once the numbness has gone.
- Contact us if sensitivity gets worse, or you have a throbbing or lasting ache.
- Contact us if the filling feels rough, chips or comes out.
- Contact us if numbness has not worn off by the next day.
- If you have facial swelling that affects breathing, swallowing or your eye, call 999 or go to A&E. For urgent advice out of hours, call NHS 111.

Need us? Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

LUSSO
DENTAL

Ready when you are

A purpose built private dental wellness clinic opposite West Byfleet station, led by Dr Kal. Implants, cosmetic dentistry, sedation and family care. Opening Q1 2027.

NEW PATIENT OFFER

£1,010 of care for £49

For the first 150 patients to register: a Dental Wellness Assessment with Dr Kal, an advanced 3D scan, Digital Smile Design, a 30 minute hygiene visit and a professional whitening kit with custom trays. £49 is paid when you book and covers your trays.

REGISTER MY INTEREST

lusso.dental/new-patient-offer · Offer terms apply

SCAN TO REGISTER

CALL	WHATSAPP	EMAIL
01932 507650	07835 798 611	hello@lusso.dental

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