



POST-OPERATIVE INSTRUCTIONS

After an Inlay or Onlay

Restorative · Cisco Dental — Dental Fitness

An inlay or onlay is a custom, precisely fitted restoration that rebuilds a tooth conservatively — stronger than a filling, less invasive than a full crown. Care is straightforward.

If a temporary was placed

- Avoid sticky and hard foods until your final restoration is bonded, and floss out sideways rather than snapping upward.

After the inlay/onlay is bonded

- Wait for numbness to wear off before eating; then you may chew normally, easing into harder foods the first day.
- Mild temperature or pressure sensitivity for a few days is normal.
- If the bite feels high once feeling returns, call us for a quick adjustment.

Everyday care

- Brush and clean between the teeth normally; avoid chewing ice or hard candy that can chip the restoration.

When to call us

Call our office at (254) 442-2000 if you experience any of the following:

- Bleeding that does not slow with steady pressure after 45–60 minutes
- Swelling that worsens after the third day rather than improving
- A fever, chills, or a bad taste/odor that does not resolve
- Pain that increases after day 3, or is not controlled by the plan below
- Any reaction to a prescribed medication (rash, hives, trouble breathing — for breathing trouble, call 911)