

## **Resin Fillings – Home Care Instructions**

Now that we've placed your resin filling, it's important to follow these recommendations to ensure its success.

### **Chewing and eating**

If we use anesthetic during the procedure, avoid chewing until the numbness has worn off completely.

### **Brushing and flossing**

Brush and floss normally on a daily basis.

If your teeth are sensitive to hot, cold, or pressure, try using a desensitizing toothpaste. If sensitivity increases or persists beyond a few days, call us.

### **Discomfort**

To reduce any discomfort or swelling, rinse your mouth three times a day with warm salt water. Use one teaspoon of salt per glass of water. It's normal for your gums to be sore for a several days.

### **When to call us**

Please call our office if your bite feels uneven, you have sensitivity or discomfort that increases or continues beyond three or four days, or if you have any questions or concerns. (772) 286-1606