



HAPPY • HEALTHY • HOLISTIC

RESIN FILLINGS HOMECARE INSTRUCTIONS

Now that we've placed your composite resin filling (Tooth colored filling), it's important to follow these recommendations to ensure its success!

Eating:

- If we used an anesthetic during the procedure, avoid eating or drinking anything hot until the numbness has worn off completely.

Floss normally:

- Brush and floss normally. If your teeth are sensitive to hot, cold, or pressure, use desensitizing toothpaste. If sensitivity 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 about one teaspoon of salt per glass of warm water. It's normal for your gums to be sore for several days.

When to call us:

- 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.



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