

Homecare— Resin Fillings

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



Avoid chewing until numbness wears off



Brush and floss normally



Use salt water rinses for soreness

Chewing and eating

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

To prevent staining your resin fillings, avoid foods and drinks that can discolor teeth, such as berries, chocolate, coffee, tea, cola, and red wine.

Brushing and flossing

Brush and floss normally.

If your teeth are sensitive to hot, cold, or pressure, use a 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.