

## **Homecare-Resin Fillings**

Now that we've placed your resin (white) 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 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.